

DOCUMENT RESUME

ED 044 882

EC 030 869

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TITLE The Leisure Activities of Mental Patients Prior to Hospitalization.
INSTITUTION NAPA State Hospital, Imola, Calif.
SPONS AGENCY California State Dept. of Mental Hygiene, Sacramento. Bureau of Research.
PUB DATE Jun 70
NOTE 93p.

EDRS PRICE EDRS Price MF-\$0.50 HC-\$4.75
DESCRIPTORS Adults, *Interpersonal Competence, *Leisure Time, *Mental Illness, Organizations (Groups), Participation, Research Projects, *Social Life, Social Relations

ABSTRACT

To study the leisure activities, social participation, and organizational participation of mental patients before hospital admission, a three-part research instrument was developed consisting of a structured interview schedule requesting information on the patient's leisure activities, a self-administered questionnaire entitled Survey of Opinions completed by the patient, and a form for compiling demographic data. The sample consisted of 300 newly admitted patients in a state mental hospital, male and female, aged 16 years and over. Data on patients' characteristics are presented in 21 tables. Data on leisure activities and organizational participation are presented in 17 additional tables, with breakdowns for sex and age (under or over 30 years). Some major findings were that few patients (under 10%) participated in community-sponsored recreational or adult education or social activities, fewer than 10% participated in church-related activities, and the great majority had very limited social networks and a life style characterized by a high degree of social isolation. Discussed are implications for hospital and community rehabilitation programs, especially with reference to therapeutic recreation. (KW)

EC030869

THE LEISURE ACTIVITIES OF MENTAL
PATIENTS PRIOR TO HOSPITALIZATION*

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June 1970

*This investigation was supported in part by research grant
67-10-26 from the California State Department of Mental Hygiene.
The views expressed in this report are those of the writer and not
necessarily those of the Department of Mental Hygiene.

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ACKNOWLEDGMENTS

The present investigation was a collaborative project by the principal investigator, the research social scientist in the Research Department at Napa State Hospital, and the staff members of Rehabilitation Services at this facility. The study was initiated largely through the efforts of Bessie Clark when she was supervisor of rehabilitation at the hospital and was carried out with the cooperation and participation of Sol Simkin, who succeeded Mrs. Clark as supervisor when she retired. The following staff members of the rehabilitation department during the study period reviewed the literature, helped to develop the research instrument, interviewed the patients, and as members of the Rehabilitation Research Advisory Committee contributed much valuable counsel and professional expertise:

Don Alberts	Linda Feinberg	Barbara Nowlin
Yoko Berglund	Willard Hamilton	Dell Paul
Leland Brewster	Jean Huffstetter	Sarah Peters
Faye Brown	Karen Johnson (trainee)	Rose Reeder
Patricia Day	Richard E. Kennedy	Sol Simkin
Frank Dong	Linda Leman	Phyllis Sward
Susan Follansbee	June Lewis	Sharon Whipkey
Alta Fryling	Elsa Manning	Mark Young
Don Eager	Jerry Martin	

The pretest for the study was conducted by five college students working at the hospital in the Work-Study Program of the Western Interstate Commission on Higher Education in cooperation with the School of Education, University of the Pacific. These WICHE students, who conducted preliminary interviews with 255 patients in the pretest were: B. Beth Hoglen, coordinator; Susan Herald, David Myers, Daniel Goleman, and Merle Panick.

Acknowledgments are expressed to Dennis Miller and Linda Bernheim in the Bureau of Research, California State Department of Mental Hygiene, for the data processing and for their assistance in data analysis. This investigation was supported in part by a research grant from the California State Department of Mental Hygiene.

Alonza C. Johnson, M.D., Chief of Research at Napa State Hospital, facilitated the conduct of this study and gave some consultation in the initial stages. Much of the data tabulation and all of the typing of the research instruments and of the report were done by Marjorie Major and Mary Beeler, the secretaries in the Research Department. Martha McCoy, secretary in rehabilitation services, assisted the rehabilitation therapists in various phases of the study.

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Objectives

The aims of the study were: (1) To learn about the leisure activities and the social participation and organizational participation prior to hospitalization of newly admitted patients in a state mental hospital; (2) to analyze the implications of these data for policy-making in rehabilitation programs in the hospital and in the community, with particular reference to therapeutic recreation; (3) to initiate some conceptualization in the field of the present study with possible relevance for rehabilitation practice, such as appropriate criteria for competence in leisure activities; and (4) to contribute to the sociology of leisure regarding individuals with psychiatric disorders, a segment of the population which has received little systematic study in this context. Two additional aims were to develop an instrument which rehabilitation therapists in mental hospitals or other settings such as day treatment centers and community mental health centers could use in obtaining information for planning with the patient and delivering required services; and secondly, to provide experience in social research to rehabilitation staff members.

Methodology

The study sample consisted of 300 newly admitted patients, male and female, aged 16 years and over. The study patients were selected at random from the daily census of new patients and were interviewed within a month after admission to the hospital.

The steps in the study included a review of the literature and compilation of a bibliography, formulation of a theoretical framework, and development of a research instrument, a pretest of some sections of the research instrument conducted by college students in the WICHE (Western Interstate Commission for Higher Education) work-study program, a pilot study of 50 patients to test the complete research instrument, and the final study in which 300 patients were interviewed. The analysis was based on 298 patients since interviews with two patients were not usable.

The three-part research instrument includes a structured interview schedule, a self-administered questionnaire completed by the patient, and a form for compiling information from biostatistics in the California Department of Mental Hygiene regarding each study patient.

The patient interview schedule requests information on the patient's leisure activities and organizational participation during the year before his present hospitalization and any changes as compared to five years ago, any problems in connection with leisure activities, education, employment and occupation, source of income, family income, family makeup, living arrangements, chronic conditions, impairments, major activity, and limitations in activity and mobility. A form was developed on which the interviewer can record easily the reported leisure-time activities, the average time per event and the event frequency and the time period such as day, week or month, the degree of strenuousness, whether at home or away from home, whether indoor or outdoor, whether sport or non-sport, whether solitary or with family or friends, degree of enjoyment, whether spectator or participant, whether an organized event and if so, the name, and type of organization and if the patient was an officer, and the intellectual level of the activity (scored by the interviewer). It is possible with this form to compare any reported changes in leisure-time activities during the year before admission with the period five years preceding the interview. The interview schedule requires about 45 minutes for completion.

The questionnaire completed by the patient is entitled Survey of Opinions and includes 43 items which are scored in a six-point scale from "strongly agree" to "strongly disagree." These items were selected from scales developed by other researchers and include self-esteem, depression, dogmatism, anomia, and authoritarianism, and selected items on boredom, fatalism, life satisfaction, deprivation of affection, and stability of self-esteem. The present preliminary report includes the findings on only two of the scales: the anomia scale and the depression scale.

The biostatistics data on each patient in the study include various demographic data such as birthdate, state where born, marital status, religion, race, county from which patient was admitted, type of admission, diagnosis, legal classification, number of prior admissions to a state mental hospital, length of hospitalization, and age at first admission if any prior admission.

The Findings

As can be seen from the List of Tables, data on the characteristics of the patients interviewed are presented in the appendix in Tables 1 - 21. Data on the leisure activities and organizational participation of the patients in the study are presented in Tables 22 - 36. This preliminary report presents data on only two of the scales used in the study, the anomia scale and the depression scale. The findings on these scales are given in Tables 39a - 41.

Although 300 patients were interviewed, the findings are presented on 298 patients since the data from two respondents were not usable.

Of the total 298 patients, (143 male and 155 female), approximately one-third were under the age of 30 years and about two-thirds were over 30. Fortyone per cent of the men were under 30 and 59 per cent were over 30, compared to 27 per cent of the women under 30 and 73 per cent over 30.

By ethnicity, 74 per cent of the men were white and 26 per cent were nonwhite, compared to 88 per cent and 12 per cent respectively for the women. Twentyfour per cent of the men under 30 and 22 per cent of men over 30 were black; whereas 21 per cent of the women under 30 and 7 per cent of the women over 30 were black.

Under one-third of the patients (30.5 per cent) were married and had been living with their spouse during the year preceding the current hospitalization. Over 28 per cent were single and 41 per cent were divorced, widowed, or separated. A much greater proportion of the female patients (43 per cent) were married and living with spouse than the male patients (17 per cent). Whereas 79 per cent of the men under 30 and 14 per cent of the men over 30 were single, 50 per cent of the women under 30 and 5 per cent of those over 30 were single.

Almost two-thirds (64 per cent) of the patients were born in a state in this country outside of California; 33 per cent were born in California, and only 3 per cent were foreign-born.

By religion, 35 per cent were Catholic, 55 per cent were Protestant and other non-Catholic Christian and only one patient (0.3 per cent of the total) was Jewish. Nine per cent were other, including six per cent who reported no religion.

Regarding the major activity during the year preceding the current hospitalization, 52 per cent of the men and 23 per cent of the women reported working as their major activity. Seventeen per cent of the men and 5 per cent of the women reported "seeking work." "Keeping house" was reported as the major activity of 1 per cent of the men and 59 per cent of the women. Eight per cent of the male patients and 2 per cent of the female patients said they were retired. As is shown in Table 7, 37 per cent of the patients interviewed reported having more than one major activity during the year prior to their current hospitalization, such as a combination of working and keeping house, or working and going to school.

The major chronic conditions reported by patients interviewed are indicated in Tables 8 and 9. Perhaps a reflection of the high proportion of men patients with drinking problems was the percentage of men reporting gastrointestinal conditions and liver trouble. Of men over 30, 13 per cent reported stomach ulcer, 11 per cent other chronic stomach trouble, and 12 per cent gallbladder or liver trouble. For women over 30, these percentages were respectively 8 per cent, 7 per cent, and 7 per cent. Epilepsy or convulsions of any kind were reported by 5 per cent of men under 30 and 9 per cent of men over 30; compared to 5 per cent for women under 30 and 7 per cent for those over 30. Of the total of 298 patients, 45 patients (15 per cent) reported having no chronic condition, 68 (23 per cent) reported one condition, and 185 (62 per cent) reported two or more conditions.

Of the 298 patients interviewed, 110 (37 per cent of the total) reported having one or more impairments, and 188 (63 per cent) reported no impairments. A relatively high proportion reported sensory and communication impairments. Deafness or serious trouble with hearing was reported by 5 per cent of men under 30 and 12 per cent of men over 30; and by 2 per cent of women under 30 and 11 per cent of those over 30. Serious trouble seeing, even with glasses, was reported by 12 per cent of the men under 30 and 23.5 per cent of those over 30; and by 12 per cent of women under 30 and 19.5 per cent of those over 30. Stammering or other trouble with speech was reported by 12 per cent of males under 30 and by 1 per cent of those over 30; and by 7 per cent of women under 30 and 10 per cent of those over 30.

As can be seen from Table 12, a substantial proportion of the patients (40 per cent of the total) reported some limitation of activity because of a chronic condition during the year preceding their current hospitalization. Forty per cent of the men under 30 and 47 per cent of those over 30 reported some activity limitation. The percentage of women with such limitation was lower than for men: 33 per cent of women under 30 and 37 per cent of those over 30.

A considerable proportion of the patients also reported mobility limitation during the year preceding their current hospitalization. Sixteen per cent reported some mobility limitation and 84 per cent said they had no such limitation. A higher percentage of women than men reported a limitation in mobility. Of women under 30, 14 per cent reported some limitation in mobility and of women over 30, 21 per cent did so. On the other hand, 9 per cent of the men under 30 and 15 per cent of men over 30 reported some limitation in mobility.

Regarding education reported by the patients interviewed, 19 per cent had some education beyond high school; 33 per cent were high school graduates, 26.5 per cent had partial high school; 14 per cent junior high school; and 7 per cent reported less than 7 years of school. Of the men patients, 53 per cent of those under 30 and 44 per cent of those over 30 were high school graduates or had higher education. Of the women patients, 55 per cent under 30 as well as those over 30 reached this educational level.

Of the 128 women who were married or had ever been married, 57 per cent had husbands who were high school graduates or had higher education.

Regarding the occupation of the male patients interviewed, 3 per cent were professional or technical; 17 per cent were owners of business, clerical, or sales; 19 per cent craftsmen or foremen; 21 per cent operatives; 29 per cent laborers; 8 per cent household and other service workers; 3 per cent students; 1 per cent other; and 2 per cent none. Of the men reporting an occupation, almost one-fifth were in white-collar occupations and over four-fifths were in blue-collar occupations.

Of the women, 45 per cent reported their occupation as housewife; and of the remaining women, 5 per cent were professional or technical; 25 per cent managers or officials, owners of business, clerical or sales; 1 per cent craftsmen; 3 per cent operatives; 12 per cent household or other service workers; 2 per cent students; 1 per cent other and 4.5 per cent none. Of women reporting an occupation, 70 per cent were in white collar occupations and 30 per cent in blue collar work.

Of the 128 women who were married or had ever been married, the percentage distribution of the husband's occupation was as follows: 7 per cent professional; 19 per cent were managers, owners of business, clerical or sales; 33 per cent were craftsmen; 23 per cent operatives; 13 per cent laborers; 2 per cent nonhousehold service workers; 1 per cent student; and 2 per cent other. About one-fourth of the husbands were in white-collar occupations and approximately three-fourths in blue-collar occupations.

Regarding social class position, according to the Hollingshead Two Factor Index of Social Position, 82 per cent of the sample were in the two lowest positions of the five step scale. Six per cent were in the two highest positions, 8 per cent were in the mid-point position, and in 4 per cent the position was unknown. The social class position of the women was slightly higher than that of the men. Whereas 79 per cent of the female patients were in the two lowest classes, 82 per cent of the male patients were in these lowest positions. The social class position of patients under 30 was not much higher than that of patients over 30: 81 per cent of the younger patients and 83 per cent of patients over 30 were in the two lowest positions.

The family income level of the patients interviewed, based on standards developed by the Social Security Administration, showed that a substantial proportion were living at the poverty level or near it: 32 per cent at the poverty level and 4 per cent at the low income (near-poor) level. Over half (55 per cent) had a family income level that was moderate or above moderate. In almost 10 per cent of the sample the income level was unknown. Whereas 41 per cent of the men were living at the poverty level or near-poverty level, 30 per cent of the women were at these levels. Forty per cent of the patients under 30 had a family income at the poverty or near-poor level, compared to 33 per cent of patients over 30.

The source of support reported by the patients interviewed indicated that many respondents reported more than one source. Fifty per cent of the patients specified their own wages or earnings as the source, 18.5 per cent specified the spouse's wages or earnings, and 14 per cent the parents' wages or earnings. A substantial proportion indicated various governmental sources: 13 per cent from Social Security, 16 per cent Aid to the Disabled, 1 per cent Old Age Assistance, 10 per cent some other public welfare program, 8 per cent unemployment insurance, and 4 per cent veterans' pension or compensation.

The findings of the living arrangements of the patients during the year preceding their current hospitalization showed that 29 per cent lived alone at home, 67 per cent lived at home with others, 3 per cent lived in an institution such as a nursing home, and in 1 per cent the living arrangements were unknown. A higher proportion of men than of women lived alone, 36 per cent compared to 23 per cent. Of the men, 29 per cent of those under 30 and 41 per cent of those over 30 lived alone. On the other hand, 14 per cent of the women under 30 and 26 per cent of women over 30 lived alone.

The number of persons in the patients' household during the year preceding the current hospitalization showed a wide range: 29.9 per cent living alone, 23.5 per cent in a household of two, 34 per cent in a household of three to five persons, 10 per cent in a household of 6 to 11 persons; and 3 per cent not applicable (living in an institution.)

No children under 18 were living in the patients' household during the year prior to the current hospitalization according to 64 per cent of the patients interviewed. Thirty per cent of the patients reported having from one to three children in their household and 6 per cent reported 4 or more children.

About two-thirds of the sample had a prior admission to a mental hospital: 58 per cent to a state mental hospital in California and 6 per cent to another mental hospital. Thirty-six per cent had no prior admission. Of the men patients, 60 per cent of those under 30 and 67 per cent of those over 30 had a prior admission to a mental hospital. Of the women patients, 48 per cent of those under 30 and 71 per cent of those over 30 had a prior admission to a mental hospital.

By legal classification at admission for the current hospitalization, 58 per cent of the patients were voluntary, 27 per cent were committed as mentally ill, 12 per cent

were committed as alcoholic, 2 per cent as drug-users (Habit-Forming Drug or Narcotic Drug Addiction); and in 1 per cent the classification was unknown. Fifty patients (41 men and 9 women) of the 173 "voluntary" patients were classified by the hospital as "Voluntary-Alcoholic." Thus of the 143 men in the sample, 56 (or 39 per cent) had an alcoholic classification, both voluntary or committed. Of the 155 women in the sample, 29 (or 19 per cent) had such a classification.

According to the findings on the diagnosis of the patients in the study, almost half (48 per cent) had psychotic disorders, primarily schizophrenia (44 per cent); 31 per cent had personality disorders (25 per cent alcoholic, 3 per cent drug addiction, and 3 per cent other personality disorders); 5 per cent had acute brain syndrome (over 4 per cent were ABS, alcoholic); 10 per cent had chronic brain syndrome (4 per cent were CBS, alcohol) and 1 per cent had a diagnosis of mental deficiency. Of the men, 62 per cent of those under 30 and 19 per cent of those over 30 had a schizophrenic diagnosis. Of the women, 57 per cent of those under 30 and 50 per cent of those over 30 had a schizophrenic diagnosis.

Particular attention should be given to the summary of alcoholic diagnoses at the end of Table 21. Especially significant is the point that 68 per cent of the men over 30 had an alcoholic diagnosis compared to 15.5 per cent of men under 30. Of the women patients, 9.5 per cent under 30 and 26 per cent of the women over 30 had an alcoholic diagnosis.

The Leisure Activities and Organizational Participation

The patients interviewed were asked to estimate the free time they had during the year preceding their current hospitalization. During an average week-day, 3 per cent said they had no free time; 22 per cent reported 1-3 hours; 28 per cent reported 4-6 hours; 39 per cent reported 7 hours or more; and 8 per cent said they could not give a breakdown of estimated hours of free time but indicated a range from 1-8 hours.

During an average week-end day, 2 per cent of the patients reported having no free time; 7 per cent reported 1-3 hours; 17 per cent 4-6 hours; 69 per cent 7 hours or more; and almost 6 per cent indicated a range from 1-8 hours with no breakdown of estimated hours. During both week-days and week-end days, on the whole the men seemed to have more free time than did the women.

The patients in the study were asked about their leisure activities and organizational participation during the year preceding their current hospitalization and during the period five years preceding the current hospitalization. Tables 23 through 38 give details on various phases of the leisure activities and organizational participation of the study population, with breakdowns for sex and age (under 30 and over 30).

It seems reasonable to expect a higher degree of reliability in the reporting of activities for the past year than for five years earlier. Although for some individuals in the study there may have been some significant changes in the leisure style and in the pattern of social participation and organizational participation, the data suggest that on the whole there does not seem to have been any fairly considerable shifts in these ways of life. As can be seen by comparing Table 25, Summary of the Frequency Distribution of Leisure Activities Which Patients Reported for the Year Preceding Their Current Hospitalization, with Table 26, which gives the data five years earlier, there was a change from a total of 1,094 activities reported for the earlier period to a total of 1,275 activities reported for the later period. Some of this change may have reflected a failure to recall some activities over such a relatively long time and the circumstance that people are more likely to remember the fairly recent activities. Although there was a decline in the number of activities reported, the percentage distribution which each type of activity was of the total, remained with few exceptions.

very similar for the total period.

The data on participation in leisure activities in the tables are presented in such a way as show both the number and percentage of individuals who specified participation in a given activity as well as the percentage which any given activity was of the total activities reported. For example, according to Table 23, of the total of 298 patients interviewed, 183 (or 61 per cent of the total) reported watching television during the past 12 months. According to Table 27, of a total of 1,275 leisure activities reported by the 298 patients, watching television comprised 14 per cent of the total leisure activities during the past 12 months.

One of the major findings is that relatively few of the patients (under 10 per cent) reported any participation in community-sponsored recreational or adult education activities or social activity programs sponsored by any agencies in the community. For example, as can be seen from Table 23, under non-church organizational activity, only 1 patient (0.3 per cent of the total) reported participation in a neighborhood or community center or community recreation center, 1 patient reported participation in a day care center, 1 in a senior center, 1 in an ex-patients organization, and 4 (1.3 per cent) in Alcoholics Anonymous. Eight patients (2.7 per cent) reported as a leisure activity attending meetings of social organizations (fraternal, women's club, etc.); 1 in a sport club, 2 (0.7 per cent) in a youth group; 4 were volunteers in community service (Scouts, etc.) and 4 reported other organizational activities.

Fewer than 10 per cent of the patients reported participation in church-related activities. Nine patients (3 per cent) reported attending church services; 7 (2.3 per cent) reported participation in church social activities, 2 (0.7 per cent) Bible study class, 3 (1 per cent) singing in a church choir, 1 (0.3 per cent) volunteer teaching in Sunday school, and 4 (1.3 per cent) other church-related activities. Those patients reporting some church activity sometimes participated in several church activities so the actual number of different individuals is smaller than total number of reports.

Another major finding was that the great majority of patients seemed to have very limited social networks and apparently had a life style characterized by a high degree of social isolation. For example, only 10 per cent reported visiting or entertaining friends or relatives as one of their leisure activities during the year preceding their present hospitalization. The men were less likely than the women to report such an informal social activity. Of the male patients, 7 per cent of those under 30 and 9 per cent of the men over 30 reported this activity. In comparison, 12 per cent of the women under 30 and 11.5 per cent of those over 30 so indicated.

An analysis was made of the frequency of three leisure activities during the year preceding the current hospitalization of particular interest for the present study: (1) watching television, (2) reading, and (3) visiting or entertaining friends or relatives. The data are presented in Table 29.

Regarding hours per week watching television, 115 (39 per cent of the total of 298 patients) did not report watching any television, and for 2 per cent the time spent was not specified. For the 177 patients who reported watching television and who specified the number of hours, the mean of the number hours per week watching television was as follows: men under 30, 19.8 hours per week; men over 30, 20.8 hours per week; women under 30, 24.1 hours per week; and women over 30, 21.8 hours per week.

Regarding hours per week spent reading books, magazines, or newspapers, 168 patients (56 per cent of the total of 298 patients) reported no time in this activity and for 1 per cent the time spent was not specified. For the 128 patients who reported reading and who specified the hours, the mean of the number of hours per week spent reading was

as follows: men under 30, 5.9 hours per week; men over 30, 12.6 hours per week; women under 30, 14.8 hours per week; and women over 30, 15.1 hours per week.

An important indicator of the patients' social networks is found in the visiting patterns during the year preceding the current hospitalization. Information was obtained on the number of times per month the patients visited or entertained friends or relatives. Only 30 patients (approximately 10 per cent of the total of 298 patients) reported this activity and specified the frequency. It should be kept in mind, therefore, that the mean of the number of times per month that patients visited or entertained friends or relatives refers to only a relatively small percentage as almost 90 per cent did not report any participation in this activity. For men under 30, the mean times per month was 17.7 and for men over 30, 21.3 times per month. For women under 30, the mean was 17 times per month and for women over 30, 10.5 times per month.

Detailed information on frequency distribution by organizational participation of leisure activities is presented in Table 30. Of the total leisure activities reported by the interviewed patients, 91 per cent were not organizational activity, 8.5 per cent were organizational activity, and in under 1 per cent the classification was don't know. For men under 30, organizational activity comprised 9 per cent of all activities reported by men in this age group and for men over 30, it was 6 per cent. For women under 30, the percentage was 9 and for women over 30 it was 10 per cent.

The frequency distribution of the interpersonal settings of leisure activities is shown in Table 32. Of all the leisure activities reported by the 298 patients interviewed, 36 per cent were solitary, 17 per cent were with family, 26.5 per cent with friends, and the remainder were some combination or other. For men under 30, 33 per cent of the activities were solitary, 7 per cent with family, 40 per cent with friends, and the remainder were some combination or other. These percentages for men over 30 were respectively, 31, 19, and 31. For women under 30, 38 per cent of the activities were solitary, 16 per cent were with family, 29 per cent with friends and the remainder were some combination or other. For women over 30, these percentages were respectively, 40, 23, and 14.5.

As shown in Table 33, of the leisure activities reported by the patients, 43 per cent were at home, 51 per cent away from home, almost 6 per cent were both at home and away from home, and in one instance (0.1 per cent) this information was not known.

Regarding the indoors or outdoors setting of the leisure activities, as shown in Table 34, 64 per cent of the total were reported to be outdoors, 31 per cent indoors, 5 per cent both indoors and outdoors, and in one instance (0.1 per cent) this information was not known.

The spectator or participant nature of the leisure activities is reported in Table 35. Of the total activities reported by the 198 patients, 69 per cent were participant, almost 31 per cent were spectator or auditor, and in 0.3 per cent (5 instances) this information was not known. For men under 30, 70 per cent of the activities were participant and 30 per cent were spectator or auditor, whereas for men over 30, these percentages were respectively 66 per cent and 34 per cent. For women under 30, 77.5 per cent of the activities were participant and 22.5 per cent spectator or auditor, whereas for women over 30 the respective percentages were 67 and 32, and in 1 per cent, not known.

The frequency distribution of the degree of enjoyment of leisure activities as reported by patients is given in Table 38.

Of all the leisure activities reported, the degree of enjoyment of 6 per cent was said to be ^{low}~~high~~; of 26 per cent, medium; of 66 per cent high; and in 2 per cent (33 instances), this information was not known. The differences according to age and sex were not substantial, except that for men under 30, 8 per cent of the activities were said to be low in enjoyment, compared to 4.5 per cent of the activities of men over 30. For women under 30, a low degree of enjoyment was reported for 5 per cent of the activities, and for women over 30 for 6 per cent of the activities.

The patients in the study were asked about any problems in connection with their leisure activities during the year preceding their current hospitalization. The responses are presented in Table 41. Of the 298 patients interviewed, 108 (37 per cent) of the total reported one or more problems; 190 patients (63 per cent of the total) did not report any problems. The data on other questions in the interview suggest strongly that there was under-reporting of problems both for those patients who reported one or more problems and for those who reported no problems. This seemed to be especially true for patients who engaged in deviant behavior, such as excessive drinking or illicit drug use.

Of the patients reporting any problems, there was considerable variation among subgroups by age and sex. For the total sample, the problems most frequently reported were: financial restrictions (8 per cent of the total of 298 patients), excessive drinking (7 per cent), limited in activity because of physical illness or impairment (6 per cent), lack of free time (5 per cent), lack of social skills (4 per cent), and marital conflict regarding the leisure activity (4 per cent). For men under 30 the problems most often reported were: lack of social skills (9 per cent of the 58 men under 30 in the study), excessive drinking (7 per cent), financial restrictions (7 per cent), and transportation problem (5 per cent). Of men over 30, the most frequent problems reported were: excessive drinking (14 per cent of the 85 men over 30 in the study), financial restrictions (12 per cent), limited in activity because of physical illness or impairment (7 per cent), and lack of free time (3.5 per cent).

Of the 42 women under 30 in the sample, the most frequent problems specified were: lack of free time (12 per cent), tied down caring for the children (12 per cent), financial restrictions (9.5 per cent), lack of social skills (7 per cent), limited in activity because of physical illness or impairment (5 per cent), and marital conflict regarding the leisure activity (5 per cent). Of the 113 women over 30 in the sample, the problems most frequently reported were: limited in activity because of physical illness or impairment (8 per cent), marital conflict regarding leisure activity (6 per cent), mental condition interfered (5 per cent), financial restrictions (4 per cent), and transportation problem (4 per cent).

The Findings on the Anomia Scale and the Depression Scale

In this preliminary report, data are available on only two of the scales which were incorporated in the Survey of Opinions completed by the study patients after the interview was finished. The ratings on the Anomia Scale are presented in Tables 39a, 39b, and 39c. The ratings on the Depression Scale are presented in Tables 40a, 40b, 40c. It seemed reasonable to assume that these two scales were of particular relevance for the proposed study.

The Anomia Scale measures feelings of social isolation and alienation from the social system and the expected responsiveness of leaders to the needs of members of the particular social system. In the present study, as is shown in Table 39a, 11 per cent of the patients interviewed rated low on the Anomia Scale (that is, they displayed a relatively low degree of anomia or alienation), 67 per cent were medium, 18 per cent were high, and for 3 per cent the information was not reported. A rather surprising finding was that women under 30 had the greatest percentage (31 per cent) high on anomia. For men under 30, 14 per cent scored high on anomia. The ratings for men and women over 30 who rated high on anomia were fairly close: 16.5 per cent of the men and 18 per cent of the women in this age category. At the other extreme of rating low on anomia, a greater proportion of women than of men had such a score. Fourteen per cent of the women under 30 compared with 9 per cent of the men in this age group were low on anomia; and so were 11.5 per cent of the women over 30 and 9.4 per cent of the men over 30.

As can be seen from Table 39b, which presents the ratings on anomia scale according to marital status, 24 per cent of the patients who were divorced, widowed, or separated scored high on anomia, compared to 14 per cent of those married and living with spouse, and 15 per cent of the single patients. However, at the other extreme of the low score on anomia, both single patients and the divorced, widowed, and separated patients had the same percentage (9 per cent), whereas 14 per cent of the married, living with spouse, had a low score.

The findings on ratings on the anomia scale according to living arrangements of patients during the year preceding the current hospitalization: The percentage of those high on anomia was not substantially different for patients living alone (17 per cent) and those living at home with others (19 per cent). In fact, somewhat surprisingly the proportion of those living at home with others was slightly higher than of those living alone. For patients scoring low on anomia, the proportion was greater for those living at home with others (12 per cent), compared to 8 per cent for those living alone.

The ratings on the Depression Scale, as shown in Table 40a, show that 11 per cent scored low, 66 per cent medium, 20 per cent high, and 3 per cent not reported. Women under 30 had the greatest proportion (31 per cent) who were rated high on depression, compared to 24 per cent of men under 30. Nineteen per cent of the women over 30 and 14 per cent of the men over 30 scored high on depression. Women patients showed a much greater difference by age than did men in the medium scores on depression: 52 per cent of the women under 30, compared to 71 per cent of women over 30. For the men, 62 per cent of those under 30 and 69 per cent over 30 scored medium.

Regarding marital status and depression, 27 per cent of the single patients were rated high on depression, compared to 20 per cent of the divorced, widowed, or separated patients, and 14 per cent of the patients who were married and living with spouse. For all three categories of marital status the percentage scoring low on depression was 11 per cent. There was, however, a considerable range in the percentage scoring medium in depression: 56.5 per cent of the single patients, 67 per cent of the divorced, widowed, or separated patients, and 74 per cent of the married patients living with spouse.

The ratings on the Depression Scale according to living arrangements during the year preceding the current hospitalization are shown in Table 40c. A high rating on depression was shown for 23 per cent of patients living alone and for 19 per cent of those living at home with others. A low rating on depression was found for 8 per cent of those living alone and for 11 per cent of those living at home with others.

As the findings indicate, approximately 90 per cent of the patients who could be rated on the Depression Scale scored medium or high on depression and only about 1 in 10 scored low on depression. In both the Depression Scale and the Anomia Scale, there were some appreciable variations in the subgroups. In the Anomia Scale, the percentage of patients scoring medium or high, for those patients who could be scored, was also approximately 90 per cent of the total, and approximately 1 in 10 scored low on anomia.

Discussion

The approach used in the present study gives an overall picture, with some breakdowns by age and sex, of the leisure activities, social participation, and organizational participation of mental patients prior to their current hospitalization. Although considerable data are given on patient characteristics, intercorrelations were not yet made of these characteristics and of leisure styles. Neither the research instrument used in this investigation nor the method of data analysis used thus far provide a basis for

qualitative analysis, differentiation of subgroups and definition of the variations within groups, development of profiles or clusters of different leisure styles among the patients, and a definition of criteria of leisure competence.

On the basis of the available data in this preliminary report, and bearing in mind the above limitations, it seems warranted to consider some of the implications both for delivery of services in the field of this study and for leisure research, with particular reference to mental patients.

The 298 patients in this study were approximately 10 per cent of the patient population when the interviews were conducted in 1968. This was a fairly representative sample of the patient admissions when the study was made, with the exception that drug-users were under-represented somewhat. There seemed to be two rather slight biases in the sample. One was that about 100 patients whose names were drawn for the sample from the daily census were discharged or left the hospital within a week or two after admission and before the interviewer could contact them for an interview. It was not feasible or possible to interview patients who were hallucinating and whose psychiatric or physical condition precluded the possibility of an interview. An estimated 30 such patients could not be included in the study. This means that the sample did not include patients who were too psychiatrically disordered or too ill physically to be interviewed and some patients who left or were discharged within a week or two after admission.

The relatively short hospital stay of a considerable number of patients has implications not only for research but also for assessing the need for specific rehabilitation services and for delivering the services in the hospital and in the community to individuals who require them. In 1969, for example, at the study hospital about 75 per cent of the patients admitted during a quarter were estimated as being discharged or leaving the hospital within 3 months. During the first quarter of 1969, 54.5 per cent of the alcoholic patients discharged had a hospital stay under one month and 45.5 per cent stayed from one month to six months; the average length of stay was about one month. Of the drug patients discharged, 88 per cent had a hospital stay of less than one month, and 12 per cent stayed from one to six months. Of all other discharges, 52 per cent stayed less than one month, 31 per cent from one to six months and 17 per cent six months and over. Of a total of 1,538 discharges during that quarter, 558 were alcoholic and 143 were drug patient discharges; these alcoholic and drug patient discharges together comprised 45 per cent of all discharges at this hospital.

Since a substantial proportion of patients at this hospital are alcoholics or drug-users, it would have been desirable both from a research viewpoint and from the viewpoint of planning delivery of required rehabilitation services to have included a larger subsample of drug patients and to have made separate analyses of drug patients, of alcoholic patients, and of mentally ill patients who are not alcoholic or drug users. It is probable that life styles and leisure styles of patients in each of these three subgroups vary appreciably and that within each subgroup considerable variation could be expected. For example, it seems likely that the life style and leisure activities of an alcoholic man on Skid Row differ considerably from an alcoholic man living with his family or an alcoholic woman living with her family.

Since about two-thirds of the patients in the sample had previous admissions to a mental hospital, it would also have been helpful in the analysis to look separately at those patients who were first admissions and those with previous admissions. The data suggest strongly that the overwhelming majority of patients (whether first admissions or readmissions) were not being reached by community agencies such as neighborhood centers, recreation centers, or special programs for mental patients, alcoholics, or drug users. The patients in the study came from the various counties in the hospital's

catchment area, including San Francisco, Alameda, Marin, Napa, Contra Costa, and Solano counties. This area included large urban centers, suburban communities, small towns, and rural areas. The availability and accessibility of community resources for leisure activities in these communities varied considerably. However, even patients who lived in counties with a variety of programs usually had not used such resources. The analysis of problems cited above under findings indicates some of the possible reasons for under-utilization, but an important consideration both for research and planning would be to look at the network of resources available and to ascertain whether these services are actually designed to meet the needs of patients and ex-patients and to deliver required services. Although clergymen were found in other studies to be one of the primary resources which people with emotional problems turned to for help, in the present investigation a relatively small proportion of patients had been involved in any church participation, whether religious, social, or for counseling.

One of the major findings of the study was the relative absence for the patients studied of social networks and support networks as measured by such indicators as visiting or entertaining friends and relatives or in organizational participation. A large proportion of patients, especially men over 30, were living in a high degree of social isolation. The great majority of patients in this study (as in other studies of state hospital patients) were in the two lowest social class positions (as measured by the Hollingshead Two-Factor Index of Social Class Position) and a substantial proportion were living in poverty or near poverty. Other studies have shown that many poor people, whether or not they have psychiatric disorders, have little or no organizational participation. This was also found true to a large degree in the present study.

It has been shown in other studies that the poor often lead lives of daily recurrent crises. In the population of the present investigation this was probably true for many of the patients. The data on the patients' ratings on the Anomia Scale and the Depression Scale suggested strongly that a large proportion of patients had experienced and were experiencing a kind of generalized despair and feeling of hopelessness about controlling their destiny.

Many patients were extremely marginal in the labor force and had limited or sporadic employment. The circumstance that many patients had what seemed to be a considerable amount of "free time" may instead be regarded as "empty time."

Ellul has made some comments on "empty time" in our urban, industrial society which seem pertinent for the present study:

...First of all, it is a question of fighting against despair, and leisure must be used to this end. Consequently, amusement, evasion and distraction, which are only destined to make us forget despair must be rejected....Leisure time should not be exclusively a personal withdrawal; it must serve as a point of departure for a new reentry into society.¹

A University of California sociologist, Wilensky, who has studied the relationship between on-the-job experiences and leisure and life-style patterns of a sample of 1,354

¹ Jacques Ellul, "Reflections on Leisure," Interplay, December 1967.

male workers, found that among men whose jobs require little investment of self, leisure time is full of restless malaise and he noted "a style of leisure that can best be described as low leisure competence."²

It was not possible in the present investigation to formulate in any systematic way the criteria for and components of leisure competence and to differentiate among levels of competence, such as high, intermediate, or low. One of the frequently stated goals for rehabilitation of mental patients is the improvement of social competence and performance in the activities of daily living. Improved competence in recreation and in leisure activities would therefore appear to be a valid goal for improved functioning of mental patients in the hospital and when they return to the community. It may well be that the deficiencies in community care in this field when patients return to the community are one of the major reasons why patients so often have to be readmitted to a mental hospital.

The data in the present study, while by no means conclusive, suggest that many of the patients have lived, and while in a mental hospital often continue to live, in an environment which is not stimulating and which does not help them to grow and develop and to acquire skills which would enable them to function more adequately and with greater satisfaction in living and with improved interpersonal competence.

Learning from patients about their perceptions, needs and problems regarding their leisure activities is, of course, only one facet of the rehabilitation process. Perhaps even more important is to learn specifically about the required services and to insure their delivery in the hospital and in the community.

Research such as the present investigation may have much value despite its admitted limitations. One value is that it encourages caretakers and gatekeepers to recognize the importance of learning from patients themselves about their interests, needs, and problems and endeavoring to more effectively meet these needs. Another value is one which was pointed out by Klausner in discussing the special problem of recreation among low-income urban residents:

Recreational requirements of the impoverished sector of inner-city populations are not easily communicated to decision-makers. Their inability to formulate and articulate their preferences is one reason for this. A second reason has to do with the clogging of the channels for the flow of such information....Research is one way to open the flow of information at all three points--by articulating demand, opening communication channels, and interpreting the demand to the policy-maker.³

²Harvard University, Program on Technology and Society, Fifth Annual Report, 1968-1969, section on Harold L. Wilensky's project on Work, Careers, and Leisure Styles, p. 9.

³Samuel Z. Klausner, "Recreation as Social Action," in A Program for Outdoor Recreation Research, National Academy of Sciences, Washington, D.C., 1969, p. 70.

The active participation by rehabilitation therapists in the present research not only familiarized them with direct experience in social research but also may have made some contribution to professional development. As Lewis pointed out, social science can be defined as any systematic form of enquiry which seeks to obtain information by communicative and interpersonal interaction with its subject matter.⁴ The practice-oriented research in the present investigation provided such interaction in learning what patients themselves think and say about their leisure activities, interests, needs, and problems.

⁴ Brian N. Lewis, "Some Troubles With Social Science," Systematics, Vol. 7, No. 2, 1969, p. 142.

Table 1
AGE AND SEX DISTRIBUTION OF PATIENTS INTERVIEWED
(N = 298)

Age classification	Total		Male		Female	
	No.	%	No.	%	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>155</u>	<u>100</u>
<u>Under 30, total:</u>	<u>100</u>	<u>33.6</u>	<u>58</u>	<u>40.6</u>	<u>42</u>	<u>27.1</u>
16-20 yrs.	29	9.7	19	13.3	10	6.5
21-25	38	12.8	23	16.1	15	9.7
26-30	33	11.1	16	11.2	17	11.0
<u>Over 30, total:</u>	<u>198</u>	<u>66.4</u>	<u>85</u>	<u>59.4</u>	<u>113</u>	<u>72.9</u>
31-35 yrs.	24	8.1	9	6.3	15	9.7
36-40	24	8.1	10	7.0	14	9.0
41-45	49	16.4	20	14.0	29	18.7
46-50	24	8.1	9	6.3	15	9.7
51-55	29	9.7	13	9.1	16	10.3
56-60	25	8.4	15	10.5	10	6.5
61-65	13	4.4	6	4.2	7	4.5
66-70	8	2.7	2	1.4	6	3.9
71-75	2	0.7	1	0.7	1	0.6

Table 2

ETHNICITY, AGE, AND SEX OF PATIENTS INTERVIEWED

(N = 298)

Ethnicity	Total		Total		Male				Female			
	No.	%	No.	%	Under 30	Over 30	No.	%	Under 30	Over 30	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>85</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>113</u>		<u>100</u>
<u>White, total</u>	<u>243</u>	<u>81.5</u>	<u>106</u>	<u>74.1</u>	<u>42</u>	<u>64</u>	<u>137</u>	<u>88.4</u>	<u>33</u>	<u>104</u>		<u>92.0</u>
<u>Nonwhite, total</u>	<u>55</u>	<u>18.5</u>	<u>37</u>	<u>25.9</u>	<u>16</u>	<u>21</u>	<u>18</u>	<u>11.6</u>	<u>9</u>	<u>9</u>		<u>8.0</u>
Negro	50	16.8	33	23.1	14	19	17	11.0	9	8		7.1
Mexican Indian	1	0.3	1	0.7	-	1	-	-	-	-		-
American Indian	1	0.3	1	0.7	1	-	-	-	-	-		-
Chinese	1	0.3	1	0.7	1	-	-	-	-	-		-
Pilipino	1	0.3	-	-	1	-	1	0.6	-	1		-
Other nonwhite	1	0.3	1	0.7	-	1	-	-	-	-		0.9

Table 3

MARITAL STATUS, AGE, AND SEX OF PATIENTS INTERVIEWED

(N = 298)

Marital status	No.	Total				Male				Female								
		Under 30 %	No.	Over 30 %	No.	Under 30 %	No.	Over 30 %	No.	Under 30 %	No.	Over 30 %	No.					
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
Single	85	28.5	67	67.0	18	9.1	58	40.5	46	79.3	12	14.1	27	17.4	21	50.0	6	5.3
Married(living with spouse)	91	30.5	14	14.0	77	38.9	24	16.8	5	8.6	19	22.4	67	43.2	9	21.4	58	51.3
Other(divorced, widowed, or separated)	122	40.9	19	19.0	103	52.0	61	42.7	7	12.1	54	63.5	61	39.4	12	28.6	49	43.4

Table 4

THE STATE WHERE INTERVIEWED PATIENTS WERE BORN

(N = 298)

State where born	No.	%	Total				Male				Female							
			Under 30 No.	Under 30 %	Over 30 No.	Over 30 %	Total No.	Total %	Under 30 No.	Under 30 %	Over 30 No.	Over 30 %						
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
California	97	32.6	50	50.0	47	23.7	44	30.8	27	46.6	17	20.0	33	34.2	23	54.8	30	26.5
Other state in U.S.	191	64.1	49	49.0	142	71.7	95	66.4	30	51.7	65	76.5	96	61.9	19	45.2	77	68.1
Foreign-born	10	3.4	1	1.0	9	4.5	4	2.8	1	1.7	3	3.5	6	3.9	-	-	6	5.3

Table 5

RELIGION OF PATIENTS INTERVIEWED

(N = 298)

Religion	No.	%	Total				Male				Female							
			Under 30	Over 30			Under 30	Over 30			Under 30	Over 30						
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
Roman Catholic	105	35.2	40	40.0	65	32.8	48	33.6	20	34.5	28	32.9	57	36.8	20	47.6	37	32.7
Protestant and other non- Catholic																		
Christian	165	55.4	43	43.0	122	61.6	81	56.6	27	46.6	54	63.5	84	54.2	16	38.1	68	60.2
Jewish	1	0.3	-	-	1	0.5	-	-	-	-	-	-	1	0.6	-	-	1	0.9
Other	6	2.0	2	2.0	4	2.0	4	2.8	2	3.4	2	2.4	2	1.3	-	-	2	1.8
None	18	6.0	13	13.0	5	2.5	9	6.3	8	13.8	1	1.2	9	5.8	5	11.9	4	3.5
Not reported	3	1.0	2	2.0	1	0.5	1	0.7	1	1.7	-	-	2	1.3	1	2.4	1	0.9

Table 6

MAJOR ACTIVITY OF INTERVIEWED PATIENTS DURING THE YEAR PRECEDING THE CURRENT HOSPITALIZATION
(N = 298)

Major activity	No.	%	Total				Male				Female			
			Under 30	Over 30	Total	%	Under 30	Over 30	Total	%	Under 30	Over 30	Total	%
			No.	No.	No.		No.	No.	No.		No.	No.	No.	
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>85</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>113</u>	<u>100</u>	
Working	111	37.2	39	72	75	52.4	29	46	36	23.2	10	26	23.8	23.0
Seeking work	32	10.7	14	18	24	16.8	11	13	8	5.2	3	5	7.1	4.4
Keeping house	93	31.2	22	71	1	0.7	-	1	92	59.4	22	70	52.4	61.9
Student	9	3.0	9	-	6	4.2	6	-	3	1.9	3	-	7.1	-
Retired	14	4.7	-	14	11	7.7	-	11	3	1.9	-	3	-	2.7
Other	37	12.4	16	21	25	17.5	12	13	12	7.7	4	8	9.5	7.1
Not reported	2	0.7	-	2	1	0.7	-	1	1	0.6	-	1	-	0.9

NUMBER OF MAJOR ACTIVITIES REPORTED BY PATIENTS INTERVIEWED

Number of Major Activities Reported *

* Of the 298 patients interviewed, 110, or 37 per cent, reported having more than one major activity during the year prior to their current hospitalization, such as a combination of working and keeping house, or working and going to school.

Table 8

MAJOR CHRONIC CONDITIONS REPORTED BY PATIENTS INTERVIEWED*

(N = 298)

Condition Reported	No.	Total				Male				Female			
		Under 30	Over 30	Total	%	Under 30	Over 30	Total	%	Under 30	Over 30	Total	%
<u>Total patients interviewed</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>
Asthma	17	5.7	3	14	7.1	9	6.3	2	3.4	7	8.2	8	5.2
Any allergy	32	10.7	14	18	9.1	14	9.8	8	13.8	6	7.1	18	11.6
Tuberculosis	-	-	-	-	-	-	-	-	-	-	-	-	-
Chronic bronchitis	12	4.0	3	9	4.5	6	4.2	1	1.7	5	5.9	6	3.9
Emphysema	7	2.3	1	6	3.0	6	4.2	1	1.7	5	5.9	1	0.6
Repeated attacks of sinus trouble	42	14.1	14	28	14.1	23	16.1	9	15.5	14	16.5	19	12.3
Rheumatic fever	-	-	-	-	-	-	-	-	-	-	-	-	-
Hardening of the arteries	1	0.3	-	1	0.5	1	0.7	-	-	1	1.2	-	-
High blood pressure	25	8.4	3	22	11.1	15	10.5	3	5.2	12	14.1	10	6.5
Heart trouble	17	5.7	3	14	7.1	5	3.5	2	3.4	3	3.5	12	7.7
Stroke	6	2.0	-	6	3.0	1	0.7	-	-	1	1.2	5	3.2
Trouble with varicose veins	6	2.0	1	5	2.5	1	0.7	-	-	1	1.2	5	3.2
Hemorrhoids or piles	28	9.4	7	21	10.6	13	9.1	3	5.2	10	11.8	15	9.7
Gallbladder or liver trouble	22	7.4	4	18	9.1	12	8.4	2	3.4	10	11.8	10	6.5
Stomach ulcer	25	8.4	5	20	10.1	14	9.8	3	5.2	11	12.9	11	7.1
Any other chronic stomach trouble	19	6.4	2	17	8.6	11	7.7	2	3.4	9	10.6	8	5.2
Kidney stones or other kidney trouble	13	4.4	5	8	4.0	4	2.8	-	-	4	4.7	9	5.9

(Table continued on next page)

Table 8

MAJOR CHRONIC CONDITIONS REPORTED BY PATIENTS INTERVIEWED*

(N = 298)

Condition Reported	Total		Total		Male		Total		Female	
	No.	%	No.	%	No.	%	No.	%	No.	%
<u>Total patients interviewed</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>
Arthritis or rheumatism	23	7.7	1	1.0	22	11.1	4	2.8	-	-
Prostate trouble	1	0.3	-	-	1	0.5	1	0.7	-	-
Diabetes	7	2.3	1	1.0	6	3.0	2	1.4	-	-
Thyroid trouble or goiter	11	3.7	3	3.0	8	4.0	4	2.8	1	1.7
Epilepsy or convulsions of any kind	21	7.0	5	5.0	16	8.1	11	7.7	3	5.2
Mental or nervous trouble	152	51.0	61	61.0	91	46.0	65	45.5	3	62.1
Repeated trouble with back or spine	32	10.7	7	7.0	25	12.5	16	11.2	4	6.9
Tumor or cancer	6	2.0	-	-	6	3.0	1	0.7	-	-
Chronic skin trouble	17	5.7	6	6.0	11	5.6	10	7.0	4	6.9
Other	24	8.1	6	6.0	18	9.1	6	4.2	2	3.4
Not answered	2	0.7	2	2.0	-	-	-	-	-	-

* Of the 298 patients interviewed, 45 (15.1 per cent) reported having had no chronic condition during the past 12 months; and 253 patients (84.9 per cent of the total) reported having one or more chronic conditions.

Because many patients reported more than one chronic condition, the total number of conditions reported exceeds the number of patients and the total percentage exceeds 100 per cent. The above table reflects two kinds of under-

(Table continued on next page)

reporting. One source is that self-reporting in this type of survey usually results in some failure to report certain conditions either because they had not been diagnosed or the respondent did not report a condition which had been diagnosed. A second source of under-reporting derives from the procedure used in the present study. The patients were asked to check any of the chronic conditions (or add any other not specified) they have had during the past 12 months. They were then asked to specify the three major ones if they indicated more than three. One-fourth of the respondents (74 patients) specified more than three conditions but the above table reports on only the three major conditions and on those patients reporting one or two conditions.

The checklist of chronic conditions was the same one used in the National Health Survey by the U.S. Public Health Service.

Table 9

NUMBER OF CHRONIC CONDITIONS REPORTED BY PATIENTS INTERVIEWED*

(N = 298)

Number of Chronic Conditions Reported	Frequency Distribution of Patients	
	No.	Per cent
<u>Total</u>	<u>298</u>	<u>100</u>
None	45	15.1
With 1 or more conditions, total:	253	84.9
1	68	22.8
2	53	17.8
3	58	19.5
4	19	6.4
5	12	4.0
6	19	6.4
7	10	3.3
8	3	1.0
9	11	3.7

* Mean = 2.6

Standard Deviation = 2.29 for N of 298

Table 10

IMPAIRMENTS REPORTED BY PATIENTS INTERVIEWED
(N = 2987)

Impairment Reported	No.	%	Total		Male		Female											
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30										
<u>Total patients interviewed</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>143</u>	<u>58</u>	<u>85</u>	<u>155</u>	<u>42</u>	<u>100</u>	<u>113</u>							
Deafness or serious trouble with hearing	26	8.7	4	4.0	22	11.1	13	9.1	3	5.2	10	11.8	13	8.4	1	2.4	12	10.6
Serious trouble with seeing, even with glasses	54	18.1	12	12.0	42	21.2	27	18.9	7	12.1	20	23.5	27	17.4	5	11.9	22	19.5
Condition present since birth, such as cleft palate or club foot	4	1.3	3	3.0	1	0.5	1	0.7	1	1.7	-	-	3	1.9	2	4.8	1	0.9
Stammering or other trouble with speech	22	7.4	10	10.0	12	6.1	8	5.6	7	12.1	1	1.2	14	9.0	3	7.1	11	9.7
Missing fingers, hand, or arm	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Missing toe, foot, or leg	4	1.3	-	-	4	2.0	2	1.4	-	-	2	2.4	2	1.3	-	-	2	1.8
Palsy	3	1.0	-	-	3	1.5	1	0.7	-	-	1	1.2	1	1.3	-	-	2	1.8
Paralysis of any kind	9	3.0	3	3.0	6	3.0	4	2.8	2	3.4	2	2.4	5	3.2	1	2.4	4	3.5

(Table continued on next page)

Table 11
NUMBER OF IMPAIRMENTS REPORTED BY PATIENTS INTERVIEWED*
(N = 298)

Number of Impairments Reported	Frequency Distribution of Patients	
	No.	Per cent
<u>Total</u>	<u>298</u>	<u>100</u>
None	188	63.1
With 1 or more impairments, total:	110	36.9
1	73	24.5
2	24	8.1
3	9	3.0
4	3	1.0
5	1	0.3

* Mean = 0.5

Standard Deviation = 0.88 for N of 298

Table 12

LIMITATION OF ACTIVITIES REPORTED BY PATIENTS INTERVIEWED
 (N = 298)

*Limitation of Activity Because of Chronic Cond.	Total								Male				Female			
	No.	%	Under 30		Over 30		Total		Under 30		Over 30		Under 30		Over 30	
			No.	%	No.	%	No.	%	No.	%	No.	%	No.	%		
Total	298	100	100	100	198	100	143	100	58	100	85	100	155	100	42	100
Not limited	179	60.1	63	63.0	116	58.6	80	55.9	35	60.3	45	52.9	99	63.9	28	66.7
With some activity limitation, total:	119	39.9	37	37.0	82	41.4	63	44.1	23	39.7	40	47.1	56	36.1	14	33.3
Not limited in major activity but in others like church, clubs, hobbies, civic projects, sports	16	5.4	5	5.0	11	5.6	4	2.8	-	-	4	4.7	12	7.7	5	11.9
Limited in the amount or kind of major activ.	74	24.8	25	25.0	49	24.7	41	28.7	20	34.5	21	24.7	33	21.3	5	11.9
Unable to carry on major activity for their group	29	9.7	7	7.0	22	11.1	18	12.6	3	5.2	15	17.6	11	7.1	4	9.5

* The classification is from the Public Health Service's National Health Survey.

Table 13
MOBILITY LIMITATION OF PATIENTS INTERVIEWED
(N = 298)

*Limitation of Mobility Because of Chronic Cond.	Total						Male						Female					
	No.	%	Under 30 No.	Under 30 %	Over 30 No.	Over 30 %	Total No.	Total %	Under 30 No.	Under 30 %	Over 30 No.	Over 30 %	Total No.	Total %	Under 30 No.	Under 30 %	Over 30 No.	Over 30 %
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
Not limited in mobility	249	83.6	89	89.0	160	80.8	125	87.4	53	91.4	72	84.7	124	80.0	36	85.7	88	77.9
Some mobility limitation, total:	48	16.1	11	11.0	37	18.7	18	12.6	5	8.6	13	15.3	30	19.4	6	14.3	24	21.2
Confined to house except in emergencies	3	1.0	-	-	3	1.5	1	0.7	-	-	1	1.2	2	1.3	-	-	2	1.8
Could go outside but needed another's help	9	3.0	1	1.0	8	4.0	3	2.1	1	1.7	2	2.4	6	3.9	-	-	6	5.3
Could go outside alone but trouble getting around freely	36	12.1	10	10.0	26	13.1	14	9.8	4	6.9	10	11.8	22	14.2	6	14.3	16	14.2
Unknown	1	0.3	-	-	1	0.5	-	-	-	-	-	-	1	0.6	-	-	1	0.9

* This classification was adapted from Public Health Service's National Health Survey.

Table 14a

EDUCATION REPORTED BY PATIENTS INTERVIEWED
(N = 298)

Educational level of patients	Total				Male				Female			
	No.	%	Under 30 No.	Under 30 %	Over 30 No.	Over 30 %	Total No.	Total %	Under 30 No.	Under 30 %	Over 30 No.	Over 30 %
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>
Graduate professional training	4	1.3	1	1.0	3	1.5	2	1.4	-	-	2	2.4
College graduate	9	3.0	3	3.0	6	3.0	3	2.1	1	1.7	2	2.4
Partial college education	44	14.8	14	14.0	30	15.2	23	16.1	10	17.2	13	15.3
High school graduate	97	32.6	36	36.0	61	30.8	41	28.7	20	34.5	21	24.7
Partial high school education	79	26.5	34	34.0	45	22.7	41	28.7	22	37.9	19	22.4
Jr. high school (7th-9th grade)	43	14.4	8	8.0	35	17.7	18	12.6	3	5.2	15	17.6
Less than 7 yrs. of school	20	6.7	2	2.0	18	9.1	14	9.8	1	1.7	13	15.3
Mentally retarded	2	0.7	2	2.0	-	-	1	0.7	1	1.7	-	-

Table 14b

HUSBAND'S EDUCATION REPORTED BY INTERVIEWED FEMALE PATIENTS

WHO ARE MARRIED OR HAVE EVER BEEN MARRIED

(N = 128)

Educational level of husband	Total women reporting		Wife under 30		Wife over 30	
	No.	%	No.	%	No.	%
<u>Total</u>	<u>128</u>	<u>100</u>	<u>21</u>	<u>100</u>	<u>107</u>	<u>100</u>
Graduate professional training	7	5.5	1	4.8	6	5.6
College graduate	7	5.5	-	-	7	6.5
Partial college education	16	12.5	1	4.8	15	14.0
High school graduate	43	33.6	10	47.6	33	30.8
Partial high school education	23	18.0	7	33.3	16	15.0
Jr. high school (7th-9th grade)	13	10.2	2	9.5	11	10.3
Less than 7 years of school	8	6.3	-	-	8	7.5
Don't know or not reported	11	8.6	-	-	11	10.3

Table 15a

OCCUPATION REPORTED BY PATIENTS INTERVIEWED

(N = 298)

Occupation	No.	%	Total				Male				Female							
			Under 30	Over 30	Total	%	Under 30	Over 30	Total	%	Under 30	Over 30						
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>199</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
Professional, technical	12	4.0	4	4.0	8	4.0	4	2.8	2	3.4	2	2.4	8	5.2	2	4.8	6	5.3
Manager, official	1	0.3	1	1.0	-	-	-	-	-	-	-	-	1	0.6	1	2.4	-	-
Owner of business	6	2.0	-	-	6	3.0	3	2.1	-	-	3	3.5	3	1.9	-	-	3	2.7
Clerical	38	12.8	10	10.0	28	14.1	10	7.0	6	10.3	4	4.7	28	18.1	4	9.5	24	21.2
Sales	17	5.7	4	4.0	13	6.6	11	7.7	3	5.2	8	9.4	6	3.9	1	2.4	5	4.4
Craftsman, foreman, etc.	29	9.7	4	4.0	25	12.6	27	18.9	3	5.2	24	28.2	2	1.3	1	2.4	1	0.9
Operative	35	11.7	12	12.0	23	11.6	30	21.0	11	19.0	19	22.4	5	3.2	1	2.4	4	3.5
Laborer (nonfarm)	40	13.4	21	21.0	19	9.6	40	28.0	21	36.2	19	22.4	-	-	-	-	-	-
Laborer (farm)	1	0.3	-	-	1	0.5	1	0.7	-	-	1	1.2	-	-	-	-	-	-
Household service	11	3.7	1	1.0	10	5.1	-	-	-	-	-	-	11	7.1	1	2.4	10	8.8
Other service	18	6.0	11	11.0	7	3.5	8	5.6	4	6.9	4	4.7	10	6.5	7	16.7	3	2.7
Student	7	2.3	7	7.0	-	-	4	2.8	4	6.9	-	-	3	1.9	3	7.1	-	-
Housewife	70	23.5	14	14.0	56	28.3	-	-	-	-	-	-	70	45.2	14	33.3	56	49.6
Other	3	1.0	2	2.0	1	0.5	2	1.4	1	1.7	1	1.2	1	0.6	1	2.4	-	-
None	10	3.4	9	9.0	1	0.5	3	2.1	3	5.2	-	-	7	4.5	6	14.3	1	0.9

Table 15b

HUSBAND'S OCCUPATION REPORTED BY INTERVIEWED FEMALE PATIENTS
WHO ARE MARRIED OR HAVE EVER BEEN MARRIED
(N = 128)

Husband's Occupation	Total women reporting		Wife under 30		Wife over 30	
	No.	%	No.	%	No.	%
<u>Total</u>	<u>128</u>	<u>100</u>	<u>20</u>	<u>100</u>	<u>108</u>	<u>100</u>
Professional, technical	9	7.0	-	-	9	8.3
Manager, official	1	0.8	1	5.0	-	-
Owner of business	5	3.9	1	5.0	4	3.7
Clerical	9	7.0	-	-	9	8.3
Sales	9	7.0	2	10.0	7	6.5
Craftsman, foreman, etc.	42	32.8	9	45.0	33	30.6
Operative	29	22.7	4	20.0	25	23.1
Laborer (nonfarm)	15	11.7	3	15.0	12	11.1
Labor (farm)	2	1.6	-	-	2	1.9
Service worker, nonhousehold	3	2.3	-	-	3	2.8
Student	1	0.8	-	-	1	0.9
Other	3	2.3	-	-	3	2.8

Table 16

SOCIAL CLASS POSITION OF PATIENTS INTERVIEWED*

(N = 298)

Social Position	No.	Total				Male				Female			
		%	Under 30	Over 30	%	Under 30	Over 30	%	%	Under 30	Over 30	%	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>155</u>	<u>42</u>	<u>113</u>	<u>100</u>
I (Highest)	10	3.4	4	6	3.0	3	1	3.4	1.2	7	2	5	4.4
II	8	2.7	3	5	2.5	2	1	1.7	1.2	6	2	4	3.5
III	24	8.1	8	16	8.1	11	5	8.6	7.1	13	3	10	8.8
IV	133	44.6	39	94	47.5	58	18	31.0	47.1	75	21	54	47.8
V (Lowest)	112	37.6	42	70	35.4	65	30	51.7	41.2	47	12	35	31.0
Unknown	11	3.7	2	7	3.5	4	2	3.4	2.4	7	2	5	4.4

* The social class position was determined by the Hollingshead scale based on the occupation and education of the family head. Source: August B. Hollingshead, "Two Factor Index of Social Position," New Haven, 1957. In this scale, ranging from I to V, the highest position is I and the lowest is V.

Table 17a

FAMILY INCOME LEVEL OF PATIENTS INTERVIEWED*

(N = 298)

Family Income Level	No.	%	Total				Male				Female			
			Under 30	Over 30	Total		Under 30	Over 30	Total		Under 30	Over 30	Total	
			No.	No.	No.	%	No.	No.	No.	%	No.	No.	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>		<u>143</u>	<u>85</u>	<u>155</u>		<u>42</u>	<u>113</u>	<u>100</u>	
At poverty level	95	31.9	34	61	30.8		52	35	43	27.7	17	26	23.0	
Low income (near-poor)	11	3.7	6	5	2.5		7	1	4	2.6	-	4	3.5	
Moderate or above	163	54.7	48	115	58.1		72	44	91	58.7	20	71	62.8	
Don't know	29	9.7	12	17	8.6		12	5	17	11.0	5	12	10.6	

* The income level was computed by the standards described in Table 1, "Weighted average of poverty and low income criteria for families of different composition by household size, sex of head, and farm or nonfarm residence, March 1967," in Molly Orshansky, "Who Was Poor in 1966?" Social Security Administration, Research and Statistics Note No. 23, December 6, 1967, Washington, D.C. In the present study, a family income above the low-income level was classified as "moderate or above."

Table 17b
SOURCE OF SUPPORT REPORTED BY PATIENTS INTERVIEWED*
(N = 298)

Source	No.	Per cent
Patient's wages or earnings	149	50.0
Spouse's wages or earnings	85	28.5
Parents' wages or earnings	42	14.1
Savings	33	11.1
Social Security	39	13.1
Old Age Assistance	4	1.3
Aid to the Disabled	48	16.1
Other public welfare program	31	10.4
Unemployment insurance	23	7.7
Veterans' pension or compensation	11	3.7
Other pension	4	1.3
Other	29	9.7
Don't know	2	0.7

* Because many patients reported more than one source of support, the total number exceeds the number of patients and the percentage column exceeds 100 per cent. The period covered was the 12-month period preceding the current hospitalization.

Table 18a

LIVING ARRANGEMENTS OF PATIENTS INTERVIEWED*

(N = 298)

Living Arrangements	No.	%	Total				Male				Female							
			Under 30		Over 30		Under 30		Over 30		Under 30		Over 30					
			No.	%	No.	%	No.	%	No.	%	No.	%	No.	%				
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
Lived alone at home	87	29.2	23	23.0	64	32.3	52	36.4	17	29.3	35	41.2	35	22.6	6	14.3	29	25.7
Lived at home with others	201	67.4	72	72.0	129	65.2	87	60.8	39	67.2	48	56.5	114	73.5	33	78.6	81	71.7
Lived at an institution such as nursing home	8	2.7	5	-	3	1.5	3	2.1	2	3.4	1	1.2	5	3.2	3	7.1	2	1.8
Unknown	2	0.7	-	-	2	1.0	1	0.7	-	-	1	1.2	1	0.6	-	-	1	0.9

* The period covered was the 12-month period preceding the current hospitalization.

Table 18b
NUMBER OF PERSONS IN PATIENTS' HOUSEHOLD DURING YEAR
PRECEDING CURRENT HOSPITALIZATION*
(N = 298)

Number of persons in household	Patients Reporting	
	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>
One (living alone)	89	29.9
Two	70	23.5
Three	43	14.4
Four	31	10.4
Five	28	9.4
Six	6	2.0
Seven	12	4.0
Eight	4	1.3
Nine	3	1.0
Ten	2	0.7
Eleven	2	0.7
Not applicable (living in institution)	8	2.7

* Mean = 2.9

Standard Deviation = 2.19 for N of 298

Table 18c

NUMBER OF CHILDREN UNDER 18 IN PATIENTS' HOUSEHOLD DURING YEAR

PRECEDING CURRENT HOSPITALIZATION*

(N = 298)

Number of Children Under 18 in Household	Patients Reporting	
	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>
None	192	64.4
<u>Total households with children:</u>	<u>96</u>	<u>35.6</u>
One child	37	12.4
Two children	32	10.8
Three children	20	6.7
Four children	6	2.0
Five children	8	2.7
Six children	2	0.7
Seven or more children	1	0.3

* Mean = 0.8

Standard Deviation = 1.41 for N of 298

Table 19

PRIOR ADMISSIONS OF PATIENTS INTERVIEWED

(N = 298)

Prior Admissions	No.	%	Total				Male				Female			
			Under 30	Over 30	Total		Under 30	Over 30	Total		Under 30	Over 30	Total	
	No.	%	No.	No.	No.	%	No.	No.	No.	%	No.	No.	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>193</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>85</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>113</u>	<u>100</u>	<u>100</u>
None	106	35.6	45	61	51	35.7	23	28	55	35.5	22	33	29.2	
To a state mental hospital in California	174	58.4	44	130	84	58.7	28	56	90	58.1	16	74	65.5	
To other mental hospital	18	6.0	11	7	8	5.6	7	1	10	6.4	4	6	5.3	

Table 20

LEGAL CLASSIFICATION AT ADMISSION OF PATIENTS INTERVIEWED

(N = 298)

Legal Classification	No.	%	Total		Male		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
	No.	%	No.	%	No.	%	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>
Voluntary* Mentally ill- committed	173	58.1	59	59.0	114	57.6	80	55.9
	81	27.2	33	33.0	48	24.2	42	29.4
Alcoholic*	35	11.7	2	2.0	33	16.7	15	10.5
Drug (Habit- Forming Drug and Narcotic Drug Addic- tion)	7	2.3	6	6.0	1	0.5	5	3.5
Unknown	2	0.7	-	-	2	1.0	1	0.7

* Fifty of the voluntary patients (41 men and 9 women) were classified by the hospital as Voluntary-Alcoholic. This is in addition to the 35 patients (15 men and 20 women) who were committed as alcoholics. Thus the actual number of patients with an alcoholic classification in the study was 85 (56 men and 29 women).

Table 21

DIAGNOSIS OF PATIENTS INTERVIEWED

(N = 298)

Diagnosis	No.	%	Total		No.	%	Male		No.	%	Female	
			Under 30	Over 30			Under 30	Over 30			Under 30	Over 30
			No.	%	No.	%	No.	%	No.	%	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>
<u>Acute brain syndrome, total:</u>	<u>15</u>	<u>5.0</u>	<u>7</u>	<u>7.0</u>	<u>8</u>	<u>4.0</u>	<u>12</u>	<u>8.4</u>	<u>5</u>	<u>8.6</u>	<u>7</u>	<u>8.2</u>
<u> ABS, alcohol intoxication</u>	<u>13</u>	<u>4.4</u>	<u>7</u>	<u>7.0</u>	<u>6</u>	<u>3.0</u>	<u>11</u>	<u>7.7</u>	<u>5</u>	<u>8.6</u>	<u>6</u>	<u>7.1</u>
<u> ABS, other</u>	<u>2</u>	<u>0.7</u>	<u>-</u>	<u>-</u>	<u>2</u>	<u>1.0</u>	<u>1</u>	<u>0.7</u>	<u>-</u>	<u>-</u>	<u>1</u>	<u>1.2</u>
<u>Chronic brain syndrome, total:</u>	<u>29</u>	<u>9.7</u>	<u>3</u>	<u>3.0</u>	<u>26</u>	<u>13.1</u>	<u>17</u>	<u>11.9</u>	<u>2</u>	<u>3.4</u>	<u>15</u>	<u>17.5</u>
<u> CBS, alcoholic</u>	<u>12</u>	<u>4.0</u>	<u>-</u>	<u>-</u>	<u>12</u>	<u>6.1</u>	<u>9</u>	<u>6.3</u>	<u>-</u>	<u>-</u>	<u>9</u>	<u>10.6</u>
<u> CBS, other</u>	<u>17</u>	<u>5.7</u>	<u>3</u>	<u>3.0</u>	<u>14</u>	<u>7.1</u>	<u>8</u>	<u>5.6</u>	<u>2</u>	<u>3.4</u>	<u>6</u>	<u>7.1</u>
<u>Psychotic disorders, total:</u>	<u>143</u>	<u>48.0</u>	<u>60</u>	<u>60.0</u>	<u>83</u>	<u>41.9</u>	<u>53</u>	<u>37.1</u>	<u>36</u>	<u>62.1</u>	<u>17</u>	<u>20.0</u>
<u> Schizophrenic</u>	<u>132</u>	<u>44.3</u>	<u>60</u>	<u>60.0</u>	<u>72</u>	<u>36.4</u>	<u>52</u>	<u>36.4</u>	<u>36</u>	<u>62.1</u>	<u>16</u>	<u>18.8</u>
<u> Other psychotic</u>	<u>11</u>	<u>3.7</u>	<u>-</u>	<u>-</u>	<u>11</u>	<u>5.6</u>	<u>1</u>	<u>0.7</u>	<u>-</u>	<u>-</u>	<u>1</u>	<u>1.2</u>
<u>Psychoneurotic, total:</u>	<u>15</u>	<u>5.0</u>	<u>6</u>	<u>6.0</u>	<u>9</u>	<u>4.5</u>	<u>3</u>	<u>2.1</u>	<u>1</u>	<u>1.7</u>	<u>2</u>	<u>2.4</u>
<u>Personality disorders, total:</u>	<u>93</u>	<u>31.2</u>	<u>21</u>	<u>21.0</u>	<u>72</u>	<u>36.4</u>	<u>56</u>	<u>39.2</u>	<u>12</u>	<u>20.7</u>	<u>44</u>	<u>51.8</u>
<u> Alcohol addiction</u>	<u>75</u>	<u>25.2</u>	<u>6</u>	<u>6.0</u>	<u>69</u>	<u>34.8</u>	<u>47</u>	<u>32.9</u>	<u>4</u>	<u>6.9</u>	<u>43</u>	<u>50.6</u>
<u> Drug addiction</u>	<u>9</u>	<u>3.0</u>	<u>7</u>	<u>7.0</u>	<u>2</u>	<u>1.0</u>	<u>5</u>	<u>3.5</u>	<u>5</u>	<u>8.6</u>	<u>-</u>	<u>-</u>
<u> Situational</u>	<u>1</u>	<u>0.3</u>	<u>1</u>	<u>1.0</u>	<u>-</u>	<u>-</u>	<u>1</u>	<u>0.7</u>	<u>1</u>	<u>1.7</u>	<u>-</u>	<u>-</u>
<u> Other personality disorder</u>	<u>8</u>	<u>2.7</u>	<u>7</u>	<u>7.0</u>	<u>1</u>	<u>0.5</u>	<u>3</u>	<u>2.1</u>	<u>2</u>	<u>3.4</u>	<u>1</u>	<u>1.2</u>

(Table continued on next page)

(N = 298)

* Some patients did not give a breakdown of estimated hours of free time but indicated a range from 1-8 hours.

Table 23

LEISURE ACTIVITIES WHICH PATIENTS REPORTED FOR THE YEAR PRECEDING THEIR CURRENT HOSPITALIZATION

(N = 298)

Activity	No.	%	Total				Male				Female						
			Under 30	Over 30	No.	%	Under 30	Over 30	No.	%	Under 30	Over 30	No.	%			
<u>Total patients interviewed</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
<u>Solitary, passive activity:</u>																	
Rest or nap	2	0.7	1	1	0.5	-	-	-	-	-	-	2	1.3	1	2.4	1	0.9
Sit in the sun	2	0.7	1	1	0.5	-	-	-	-	-	-	2	1.3	1	2.4	1	0.9
Other solitary, passive activity	1	0.3	-	1	0.5	1	0.7	-	1.2	1	1.2	-	-	-	-	-	-
<u>Spectator or auditor at home:</u>																	
Phonograph	18	6.0	13	5	2.5	9	6.3	5	8.6	4	4.7	9	5.8	8	19.0	1	0.9
Radio	41	13.8	18	23	11.6	18	12.6	11	19.0	7	8.1	23	14.8	7	16.7	16	14.2
Television	183	61.4	51	132	66.6	87	60.8	33	56.9	54	63.5	96	61.9	18	42.9	78	69.0
<u>Spectator or auditor away from home:</u>																	
Concert, opera, or ballet	6	2.0	3	3	1.5	3	2.1	2	3.4	1	1.2	3	1.9	1	2.4	2	1.8
County state fair	3	1.0	1	2	1.0	-	-	-	-	-	-	3	1.9	1	2.4	2	1.8
Lectures	1	0.3	-	1	0.5	-	-	-	-	-	-	1	0.6	-	-	1	0.9
Movies	52	17.4	20	32	16.2	26	18.2	14	24.1	12	14.1	26	16.8	6	14.3	20	17.7
Sports event	23	7.7	7	16	8.1	18	12.6	6	10.3	12	14.1	5	3.2	1	2.4	4	3.5
Theatre play	1	0.3	-	1	0.5	1	0.7	-	1.2	1	1.2	-	-	-	-	-	-

(Table continued on next page)

Table 23 continued. F. 2

Activity	No.	%	Total		No.	%	Male		No.	%	Female	
			Under 30	Over 30			Under 30	Over 30			Under 30	Over 30
Hobbies:												
Model planes, etc.	6	2.0	3	3	6	4.2	3	3.5	-	-	-	-
Collect stamps, "	7	2.3	6	1	6	4.2	6	-	1	0.6	-	1
Cook (as hobby)	8	2.7	1	7	3	2.1	-	3.5	5	3.2	1	4
Cross-word puzzles	2	0.7	1	1	-	-	-	-	2	1.3	1	1
Embroider	7	2.3	3	4	-	-	-	-	7	4.5	3	4
Knit, crochet	18	6.0	5	13	-	-	-	-	18	11.6	5	13
Sew	31	10.4	8	23	-	-	-	-	31	20.0	8	23
Garden	33	11.1	1	32	16	11.2	1	17.6	17	11.0	-	17
Handicrafts	11	3.7	4	7	9	6.3	3	7.1	2	1.3	1	1
Household pets	3	1.0	1	2	-	-	-	-	3	1.9	1	2
Photography	2	0.7	1	1	1	0.7	1	-	1	0.6	-	1
Raise fish	1	0.3	1	-	1	0.7	1	-	-	-	-	-
Witchcraft	1	0.3	1	-	1	0.7	1	-	-	-	-	-
Work on car or motorcycle	7	2.3	7	-	7	4.9	7	4.7	-	5.2	-	5
Other hobbies	13	4.4	4	9	5	3.5	1	-	8	-	3	-
Sports particip.:												
Archery	1	0.3	1	-	1	0.7	1	-	-	-	-	-
Badminton, tennis	11	3.7	8	3	5	3.5	3	2.4	6	3.9	5	1
Baseball	14	4.7	11	3	13	9.1	10	3.5	1	0.6	1	-
Basketball	7	2.3	6	1	6	4.2	5	1.2	1	0.6	1	-
Canoe or boat	7	2.3	2	5	4	2.8	2	2.4	3	1.9	-	3
Boxing	33	11.1	12	21	15	10.5	5	11.8	18	11.6	7	11
Fencing	1	0.3	-	1	1	0.7	-	1.2	-	-	-	-
Fishing	1	0.3	1	-	1	0.7	1	-	-	-	-	-
Flying plane	30	10.1	7	23	24	16.8	7	20.0	6	3.9	-	6
Football	1	0.3	-	1	1	0.7	-	1.2	-	-	-	-
Golf	4	1.3	3	1	4	2.8	3	1.2	-	-	-	-
Handball or squash	8	2.7	1	7	6	4.2	1	5.9	2	1.3	-	2
Hiking	1	0.3	-	1	1	0.7	-	1.2	-	-	-	-
	45	15.1	17	28	15	10.5	9	7.1	30	19.4	8	22
												19.5

(Table continued on next page)

Table 23 continued. P. 3

Activity	No.	%	Total		Male		Female						
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30					
Sports particip.													
continued:													
Horsebk. riding	9	3.0	5	5.0	4	2	1.4	7	4.5	4	9.4	3	2.7
Hunting	5	1.7	3	3.0	2	5	3.5	3	5.2	2	-	-	-
Ping-pong	2	0.7	1	1.0	1	1	0.7	1	1.7	-	-	-	0.9
Pitch horseshoes	2	0.7	1	1.0	1	2	1.4	1	1.7	-	-	-	-
Pool, billiards	27	9.1	15	15.0	12	24	16.8	12	20.7	14.1	3	7.1	-
Pace cars	1	0.3	1	1.0	-	1	0.7	1	1.7	-	-	-	-
Ride bike	6	2.0	2	2.0	4	-	-	-	-	-	-	-	3.5
Ride motorcycle	3	1.0	3	3.0	-	3	2.1	3	5.2	-	6	4.8	-
Scuba- or skin-dive	2	0.7	2	2.0	-	1	0.7	1	1.7	-	1	2.4	-
Shuffleboard	2	0.7	1	1.0	1	1	0.7	-	-	1.2	1	2.4	-
Skating	5	1.7	1	1.0	4	1	0.7	-	-	1.2	4	2.4	3
Ski, toboggan	1	0.3	-	-	1	1	0.7	-	-	1.2	-	-	1
Swim	35	11.7	11	11.0	24	14	9.8	7	12.1	8.1	21	9.4	17
Track sports	1	0.3	1	1.0	-	1	0.7	1	1.7	-	-	-	-
Volley ball	2	0.7	2	2.0	-	1	0.7	1	1.7	-	1	2.4	-
Water ski	2	0.7	1	1.0	1	1	0.7	1	1.7	-	1	-	0.9
Other sports	7	2.3	5	5.0	2	5	3.5	3	5.2	2.4	2	4.8	-
Physical fitness:													
Reducing salon or w/t.-watchers' org.	1	0.3	-	-	1	-	-	-	-	-	1	0.6	0.9
Superv. body-bldg.	1	0.3	1	1.0	-	-	-	-	-	-	1	2.4	-
Home or outdr. exer	3	1.0	-	-	3	1	0.7	-	-	1.2	2	-	2
Camp & other outdoor activities:													
Camp	8	2.7	3	3.0	5	6	4.2	3	5.2	3.5	2	1.3	2
Go to park, beach	26	8.7	9	9.0	17	10	7.0	4	6.9	7.1	16	10.3	11
Travelg. & sight-seeing:													
Tour by auto	30	10.1	9	9.0	21	14	9.8	7	12.1	8.2	16	10.3	14
By other transp'tn.	9	3.0	4	4.0	5	5	3.5	2	3.4	3.5	4	2.6	2

(Table continued on next page)

Table 23 continued. P. 4

Activity	No.	%	Total		Male		Female		
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30	
<u>Cult. & intellect'l activity:</u>									
Actg. or play prod.	1	0.3	-	1	0.5	-	-	1	0.6
Ballet, other									
dance group	2	0.7	2	-	-	-	-	2	1.3
Draw or paint	21	7.0	15	6	3.0	6	10.3	15	9.7
Sculpt	3	1.0	3	-	-	1	1.7	2	1.3
Play musical inst.	23	7.7	11	12	6.1	8	5.2	15	9.7
Read (other than Bible)	130	43.6	42	88	44.4	56	39.2	21	47.8
Sing (non-choir)	2	0.7	1	1	0.5	1	0.7	-	0.6
Write (fiction, etc.)	12	4.0	6	6	3.0	5	3.5	2	4.5
Active partici. in other cult. & intell. activ.	6	2.0	2	4	2.0	2	1.4	1	2.6
<u>Formal social activity:</u>									
Dancing	24	8.1	12	12	6.1	7	4.9	4	11.0
Parties	8	2.7	5	3	1.5	7	4.9	5	0.6
<u>Informal social activities:</u>									
Gambling	3	1.0	-	3	1.5	1	0.7	-	1.3
"Go out" to restaurant, etc.	9	3.0	4	5	2.5	4	2.8	1	3.2
Go to bar	4	1.3	-	4	2.0	3	2.1	-	0.6
Love-making	1	0.3	1	-	-	-	-	-	0.6
Play cards or other games	38	12.8	6	32	16.2	16	11.2	2	14.2
Shop	5	1.7	-	5	2.5	2	1.4	-	1.9
Talk with friends or relatives	6	2.0	2	4	2.0	4	2.8	1	1.3
Phone friends or relatives	1	0.3	-	1	0.5	-	-	-	0.6

(Table continued on next page)

Table 23 continued. P. 5

Activity	No.	%	Total		Male		Female					
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30				
<u>Informal social activ. continued:</u>												
Visit or entertain friends or rel.	30	10.1	9	21	12	4	8	18	5	11.9	13	11.5
Write to friends or relatives	3	1.0	1	2	-	-	-	-	3	2.4	2	1.8
<u>Drinking & drug use:</u>												
Drink	41	13.8	10	31	32	10	22	9	-	-	9	8.0
Take drugs	8	2.7	8	-	8	8	-	-	-	-	-	-
<u>Religious activity:</u>												
Bible study class	2	0.7	-	2	1	-	1	1	-	-	1	0.9
Church social activity	7	2.3	1	6	1	-	1	6	1	2.4	5	4.4
Church services	9	3.0	-	9	3	-	3	6	-	-	6	5.3
Pray or read Bible at home	4	1.3	2	2	1	1	-	3	1	2.4	2	1.8
Sing in choir	3	1.0	-	3	-	-	-	3	-	-	3	2.7
Vol. Sunday school teaching	1	0.3	-	1	1	-	1	-	-	-	-	-
Other church-rel. activities	4	1.3	1	3	3	1	2	1	-	-	1	0.9
<u>Org. activ., not church-related:</u>												
Alcoholics Anon.	4	1.3	-	4	1	-	1	3	-	-	3	2.7
Day Care Center	1	0.3	1	-	-	-	-	1	1	2.4	-	-
Neighborhood or comm. center, comm. rec. ctr.	1	0.3	1	-	-	-	-	1	1	2.4	-	-
Senior Center	1	0.3	-	1	-	-	-	1	-	-	1	0.9
Ex-patients org. (Other than A.A. or Synanon)	1	0.3	-	1	-	-	-	1	-	-	1	0.9

(Table continued on next page)

Table 24

LEISURE ACTIVITIES IN WHICH PATIENTS REPORTED PARTICIPATION
FIVE YEARS BEFORE THEIR CURRENT HOSPITALIZATION

(N = 298)

Activity	No.	%	Total		Male		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
			No.	%	No.	%	No.	%
<u>Total patients interviewed</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>
<u>Solitary, passive activity:</u>								
Sit in the sun	1	0.3	-	-	1	0.5	-	-
Other solitary, passive activ.	1	0.3	-	-	1	0.5	-	-
<u>Spectator or auditor at home:</u>								
Phonograph	16	5.4	12	12.0	4	2.0	8	5.6
Radio	34	11.4	13	13.0	21	10.6	14	9.8
Television	158	53.0	41	41.0	117	59.1	82	57.3
<u>Spectator or auditor away from home:</u>								
Concerts, opera, or ballet	4	1.3	2	2.0	2	1.0	1	0.7
Movies	53	17.8	20	20.0	33	16.7	26	18.2
Sports event	20	6.7	4	4.0	16	8.1	16	11.2
Theatre play	2	0.7	-	-	2	1.0	1	0.7
<u>Hobbies:</u>								
Model planes, etc.	8	2.7	4	4.0	4	2.0	8	5.6
Collect stamps, etc.	8	2.7	7	7.0	1	0.5	7	4.9
Cook (as hobby)	7	2.3	-	-	7	3.5	2	1.4
Embroider	6	2.0	2	2.0	4	2.0	-	-
Knit or crochet	12	4.0	3	3.0	9	4.5	-	-
Sew	27	9.1	5	5.0	22	11.1	-	-
Garden	26	8.7	1	1.0	25	12.6	14	9.8
Handicrafts	9	3.0	3	3.0	6	3.0	7	4.9

(Table continued on next page)

Table 24 continued. P. 2

Activity	No.	%	Total		Male		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
Hobbies cont.:								
Household pets	3	1.0	1	2	-	-	3	2
Photography	3	1.0	1	2	2	1	1	1
Raise fish	1	0.3	1	-	1	-	-	-
Witchcraft	1	0.3	1	-	1	-	-	-
Work on car or motorcycle	6	2.0	6	-	6	-	-	-
Other hobbies	10	3.4	3	7	5	4	5	3
Sports particip.:								
Archery	2	0.7	2	-	2	-	-	-
Badminton, tennis	8	2.7	5	3	4	2	4	1
Baseball	16	5.4	9	7	14	7	2	-
Basketball	8	2.7	6	2	7	2	1	-
Sail or boat	9	3.0	2	7	5	4	4	3
Bowl	34	11.4	9	25	17	13	17	12
Boxing	1	0.3	-	1	1	1	-	-
Fishing	32	10.7	6	26	24	18	8	8
Flying plane	1	0.3	-	1	1	1	-	-
Football	6	2.0	5	1	6	1	-	-
Golf	10	3.4	2	8	8	7	2	1
Handball or squash	1	0.3	-	1	1	1	-	-
Hiking	35	11.7	12	23	11	5	24	18
Horseback riding	8	2.7	5	3	3	1	5	2
Hunting	8	2.7	2	6	8	6	5	-
Ping-pong	1	0.3	1	-	1	-	-	-
Pitch horseshoes	2	0.7	1	1	2	1	-	-
Pool, billiards	20	6.7	9	11	20	11	-	-
Ride bike	5	1.7	2	3	-	-	5	3
Ride motorcycle	1	0.3	1	-	1	-	-	-
Scuba- or skin-dive	2	0.7	1	1	1	1	1	-
Shuffleboard	1	0.3	-	1	1	1	-	-
Skate	6	2.0	3	3	1	1	5	2
Ski, toboggan	1	0.3	-	1	1	1	-	-
Swim	29	9.7	8	21	13	8	16	13

(Table continued on next page)

Table 24 continued. P. 3

Activity	No.	%	Total		Male		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
<u>Sports participn.:</u> (continued)								
Track sports	1	0.3	1	1.0	-	-	-	-
Volleyball	2	0.7	2	2.0	-	-	1	-
Water ski	4	1.3	2	2.0	2	1.0	1	2.4
Other sports	7	2.3	4	4.0	3	1.5	2	2.4
<u>Physical fitness:</u> Attendg. reducing salon or wt.- watchers org. Outdoor exercise								
	1	0.3	-	-	1	0.5	-	-
	2	0.7	-	-	2	1.0	-	1
<u>Camp & other out- door activities:</u> Camp								
Go to park, beach	8	2.7	2	2.0	6	3.0	3	1.9
	24	8.1	8	8.0	16	8.1	6	9.0
<u>Travelg. & sight- seeing:</u> Tour by auto By other transp'n.								
	26	8.7	5	5.0	21	10.6	15	9.7
	10	3.4	2	2.0	8	4.0	4	2.6
<u>Cult. & intellect'l activities:</u> Act or play prod. Adult educ. program (non-vocat'l.) Ballet dancing Draw or paint Sculpt Play musical instr. Read(other than Bible)								
	1	0.3	-	-	1	0.5	1	0.6
	1	0.3	-	-	1	0.5	-	-
	2	0.7	2	2.0	-	-	2	1.3
	17	5.7	12	12.0	5	2.5	10	6.4
	2	0.7	2	2.0	-	-	1	0.6
	21	7.0	9	9.0	12	6.1	13	8.4
	108	36.2	34	34.0	74	37.4	59	38.1
<u>Sing (non-choir)</u> Write(fiction,etc.) Active particip. in other cult. & intell. activ.								
	1	0.3	1	1.0	-	-	1	0.6
	9	3.0	4	4.0	5	2.5	5	3.2
	4	1.3	1	1.0	3	1.5	3	1.8

(Table continued on next page)

Table 24 continued. P. 4

Activity	No.	%	Total		Male		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
	No.	%	No.	%	No.	%	No.	%
Formal social activities:								
Dancing	29	9.7	13	13.0	9	6.3	4	4.7
Parties	7	2.3	3	3.0	5	3.5	3	3.5
Informal social activities:								
Gambling	4	1.3	-	-	1	0.7	1	1.2
"Go out" to restaurant, etc.	6	2.0	5	5.0	3	2.1	1	1.2
Go to bar	3	1.0	1	1.0	3	2.1	2	2.4
Play cards or other games	29	9.7	6	6.0	14	9.8	11	12.9
Shop	5	1.7	1	1.0	2	1.4	2	2.4
Talk with friends or relatives	4	1.3	1	1.0	2	1.4	2	2.4
Visit or entertain friends or rel.	20	6.7	5	5.0	9	6.3	7	8.2
Write to friends or relatives	1	0.3	-	-	-	-	-	-
Drinking & drug use:								
Drink	30	10.1	7	7.0	26	18.2	19	22.4
Take drugs	2	0.7	2	2.0	2	1.4	-	-
Religious activity:								
Bible study class	1	0.3	-	-	1	0.7	1	1.2
Church social activity	8	2.7	2	2.0	1	0.7	1	1.2
Church services	7	2.3	-	-	2	1.4	2	2.4
Religious-oriented encompmt.	1	0.3	-	-	-	-	-	-
Pray or read Bible at home	4	1.3	2	2.0	1	0.7	1	1.2
Sing in choir	3	1.0	-	-	-	-	-	-
Other church-rel. activity	4	1.3	1	1.0	3	2.1	2	2.4
Org. activity, not church-related:								
Alcoholics Anon.	1	0.3	-	-	-	-	-	-

(Table continued on next page)

Table 24 continued. Pr. 5

Activity	No.	%	Total		No.	%	Male		No.	%	Female	
			Under 30	Over 30			Under 30	Over 30			Under 30	Over 30
<u>Org. activ., not church-related:</u> (continued)												
Political org. meetings	1	0.3	-	1	0.5	-	-	-	1	0.6	-	1
Social org. meetings (fraternal, women's club, social club, etc.)	6	2.0	-	6	3.0	-	-	-	6	3.9	-	6
Sport club	1	0.3	1	-	-	1	1.7	-	-	-	-	-
Vol. in comm. serv. (Scouts, etc.)	1	0.3	-	1	0.5	1	-	1.2	-	-	-	-
Other organizational activity	2	0.7	-	2	1.0	1	-	1.2	1	0.6	-	1

Table 25

SUMMARY OF THE FREQUENCY DISTRIBUTION OF LEISURE ACTIVITIES WHICH PATIENTS REPORTED
FOR THE YEAR PRECEDING THEIR CURRENT HOSPITALIZATION

(N = 298)

Type of Activity	Total (N = 298)	Total		Male		Female	
		Under 30 (N = 100)	Over 30 (N = 198)	Under 30 (N = 58)	Over 30 (N = 85)	Under 30 (N = 42)	Over 30 (N = 113)
No.	%	No.	%	No.	%	No.	%
Total activities reported	1,275	464	811	268	337	670	474
	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
Solitary, passive activity	5	2	3	-	1	4	2
Spectator or auditor activity at home	242	82	160	49	65	128	95
Spectator or auditor activity away from home	86	31	55	22	26	38	29
Hobbies	150	47	103	24	31	95	72
Sports particip.	276	124	152	83	78	115	74
Physical fitness	5	1	4	-	1	4	3
Camp & other outdoor activity	34	12	22	7	9	18	13
Travelg. & sight-seeing	39	13	26	9	10	20	16
Cult. & intel-lect'l activity	200	82	118	34	45	121	73
Formal social activity	32	17	15	9	5	18	10
Informal social activity	100	23	77	8	34	58	43
Drink & drug use	49	18	31	18	22	9	9
Religious activity	30	4	26	2	8	20	18
Organizational activity, not church-related	27	8	19	3	2	22	17
	<u>2.1</u>	<u>1.7</u>	<u>2.3</u>	<u>1.1</u>	<u>0.6</u>	<u>2.6</u>	<u>3.6</u>

Table 26

SUMMARY OF THE FREQUENCY DISTRIBUTION OF LEISURE ACTIVITIES IN WHICH PATIENTS REPORTED PARTICIPATION FIVE YEARS BEFORE THEIR CURRENT HOSPITALIZATION

(N = 298)

Type of Activity	(N = 298)	Total				Male				Female								
		Under 30 (N = 100)	Over 30 (N = 198)	Total (N = 143)		Under 30 (N = 58)	Over 30 (N = 85)	Total (N = 155)		Under 30 (N = 42)	Over 30 (N = 113)							
No.	%	No.	%	No.	%	No.	%	No.	%	No.	%							
<u>Total activities reported</u>	<u>1,094</u>	<u>100</u>	<u>362</u>	<u>100</u>	<u>732</u>	<u>100</u>	<u>552</u>	<u>100</u>	<u>220</u>	<u>100</u>	<u>332</u>	<u>100</u>	<u>542</u>	<u>100</u>	<u>142</u>	<u>100</u>	<u>400</u>	<u>100</u>
Solitary, passive activity	2	0.2	-	-	2	0.3	1	0.2	-	-	1	0.3	1	0.2	-	-	1	0.3
Spectator or auditor activity at home	208	19.0	66	18.2	142	19.4	104	18.8	44	20.0	60	18.1	104	19.2	22	15.5	82	20.5
Spectator or auditor activity away from home	79	7.2	26	7.2	53	7.2	44	8.0	17	7.7	27	8.1	35	6.5	9	6.3	26	6.5
Hobbies	127	11.6	38	10.5	89	12.2	53	9.6	24	10.9	29	8.7	74	13.7	14	9.9	60	15.0
Sports particip.	261	23.9	100	27.6	161	22.0	161	29.2	66	30.0	95	28.6	100	18.5	34	23.9	66	16.5
Physical fitness	3	0.3	-	-	3	0.4	-	-	-	-	-	-	3	0.6	-	-	3	0.7
Camp & other outdoor activity	32	2.9	10	2.8	22	3.0	15	2.7	6	2.7	9	2.7	17	3.1	4	2.8	13	3.3
Travelg. & sightseeing	36	3.3	7	1.9	29	4.0	17	3.1	5	2.3	12	3.6	19	3.5	2	1.4	17	4.3
Cult. & Intellect'l activity	166	15.2	65	18.0	101	13.8	70	12.7	31	14.1	39	11.7	96	17.7	34	23.9	62	15.5
Formal social activity	36	3.3	16	4.4	20	2.7	14	2.5	7	3.2	7	2.1	22	4.1	9	6.3	13	3.3
Informal social activity	72	6.6	19	5.2	53	7.2	34	6.2	8	3.6	26	7.8	38	7.0	11	7.7	27	6.7
Drink & drug use	32	2.9	9	2.5	23	3.1	28	5.1	9	4.1	19	5.7	4	0.7	-	-	4	1.0
Religious activity	28	2.6	5	1.4	23	3.1	8	1.4	2	0.9	6	1.8	20	3.7	3	2.1	17	4.3
Organizational activity, not church-related	12	1.1	1	0.3	11	1.5	3	0.5	1	0.5	2	0.6	9	1.7	-	-	9	2.3

Table 27

THE FREQUENCY DISTRIBUTION IN DETAIL OF LEISURE ACTIVITIES WHICH PATIENTS
REPORTED FOR THE YEAR PRECEDING THEIR CURRENT HOSPITALIZATION

(N = 298)

Activity	No.	%	Total		Male		Total		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
	No.	%	No.	%	No.	%	No.	%	No.	%
<u>Total patients interviewed</u>	<u>298</u>		<u>100</u>		<u>198</u>		<u>143</u>		<u>58</u>	
<u>Total activities reported:</u>	<u>1275</u>	<u>100</u>	<u>464</u>	<u>100</u>	<u>811</u>	<u>100</u>	<u>605</u>	<u>100</u>	<u>268</u>	<u>100</u>
<u>Solitary, passive activity:</u>										
Rest or nap	2	0.2	1	0.2	1	0.1	-	-	-	-
Sit in the sun	2	0.2	1	0.2	1	0.1	-	-	-	-
Other solitary, passive activity	1	0.1	-	-	1	0.1	1	0.2	-	-
<u>Spectator or auditor at home:</u>										
Phonograph	18	1.4	13	2.8	5	0.6	9	1.5	5	1.9
Radio	41	3.2	18	3.9	23	2.8	18	3.0	11	4.1
Television	183	14.4	51	11.0	132	16.3	87	14.4	33	12.3
<u>Spectator or auditor away from home:</u>										
Concert, opera, or ballet	6	0.5	3	0.6	3	0.4	3	0.5	2	0.7
County, state fair	3	0.2	1	0.2	2	0.2	-	-	-	-
Lectures	1	0.1	-	-	1	0.1	-	-	-	-
Movies	52	4.1	20	4.3	32	3.9	26	4.3	14	5.2
Sports event	23	1.8	7	1.5	16	2.0	18	3.0	6	2.2
Theatre play	1	0.1	-	-	1	0.1	1	0.2	-	-
<u>Hobbies:</u>										
Model planes, etc.	6	0.5	3	0.6	3	0.4	6	1.0	3	1.1
Collect stamps, "	7	0.5	6	1.3	1	0.1	6	1.0	6	2.2
Cook (as hobby)	8	0.6	1	0.2	7	0.9	3	0.5	-	-

(Table continued on next page)

Table 27 continued. P. 3

Activity	No.	%	Total		Male		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
	No.	%	No.	No.	No.	No.	No.	No.
<u>Sports particip.</u> (continued)								
Race cars	1	0.1	1	-	1	-	-	-
Ride bike	6	0.5	2	4	-	-	2	4
Ride motorcycle	3	0.2	3	-	3	-	-	-
Scuba- or skin-dive	2	0.2	2	-	1	-	1	-
Shuffleboard	2	0.2	1	1	-	1	1	-
Skating	5	0.4	1	4	1	1	1	3
Ski, toboggan	1	0.1	-	1	-	1	-	-
Swim	35	2.7	11	24	7	7	4	17
Track sports	1	0.1	1	-	1	-	-	-
Volley ball	2	0.2	2	-	1	-	1	-
Water ski	2	0.2	1	1	1	-	-	1
Other sports	7	0.5	5	2	3	2	2	-
<u>Physical fitness:</u>								
Reducing salon or wt.-watchers' org.	1	0.1	-	1	-	-	1	1
Superv. body-bldg. Home or outdoor exercise	1	0.1	1	-	-	-	1	-
Camp & other outdoor activities:	3	0.2	-	3	1	1	2	2
Camp	8	0.6	3	5	3	3	2	2
Go to park, beach	26	2.0	9	17	4	6	16	11
Traveling & sight-seeing:								
Tour by auto	30	2.4	9	21	7	7	2	14
By other transp'n.	9	0.7	4	5	2	3	2	2
<u>Cult. & intellect'l activity:</u>								
Actg. or play prod. Ballet, other dance group	1	0.1	-	1	-	-	1	1
	2	0.2	2	-	-	-	2	-

(Table continued on next page)

Table 27 continued. P. 4

Activity	No.	%	Total		Male		Total		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30		
<u>Cult. & Intellect'l activity: (cont.)</u>										
Draw or paint	21	1.6	15	3.2	6	1.0	6	2.2	9	4.6
Sculpt	3	0.2	3	0.6	1	0.2	1	0.4	2	1.0
Play musical inst.	23	1.8	11	2.4	8	1.3	3	1.1	5	4.1
Read (other than Bible)	130	10.2	42	9.1	88	9.2	21	7.8	35	10.7
Sing (non-choir)	2	0.2	1	0.2	1	0.2	-	-	1	0.5
Write (fiction, etc.)	12	0.9	6	1.3	6	0.8	2	0.7	3	2.0
Active particip. in other cult. & intell. activ.	6	0.5	2	0.4	4	0.3	1	0.4	1	0.5
<u>Formal social activity:</u>										
Dancing	24	1.9	12	2.6	12	1.2	4	1.5	8	4.1
Parties	8	0.6	5	1.1	3	1.2	5	1.9	-	-
<u>Informal social activities:</u>										
Gambling "Go out" to restaurant, etc.	3	0.2	-	-	3	0.2	-	-	-	-
Go to bar	9	0.7	4	0.9	5	0.7	1	0.4	3	1.5
Love-making	4	0.3	-	-	4	0.5	-	-	-	-
Play cards or other games	1	0.1	1	0.2	-	-	-	-	1	0.5
Shop	38	3.0	6	1.3	32	2.6	2	0.7	14	2.0
	5	0.4	-	-	5	0.3	-	-	2	0.6
Talk with friends or relatives	6	0.5	2	0.4	4	0.7	1	0.4	3	0.9
Phone friends or relatives	1	0.1	-	-	1	0.1	-	-	-	-
Visit or entertain friends or rel.	30	2.4	9	1.9	21	2.0	4	1.5	8	2.4
Write to friends or relatives	3	0.2	1	0.2	2	0.2	-	-	-	-

(Table continued on next page)

Table 27 continued. P. 5

Activity	No.	%	Total		Male		Total		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
	No.	%	No.	No.	No.	%	No.	%	No.	%
<u>Drinking & drug use:</u>										
Drink	41	3.2	10	2.2	31	3.8	32	5.3	10	3.7
Take drugs	8	0.6	8	1.7	-	-	8	1.3	8	3.0
<u>Religious activity:</u>										
Bible study class	2	0.2	-	-	2	0.2	1	0.2	-	-
Church social activity	7	0.5	1	0.2	6	0.7	1	0.2	-	-
Church services	9	0.7	-	-	9	1.1	3	0.5	-	-
Pray or read	4	0.3	2	0.4	2	0.2	1	0.2	1	0.4
Bible at home	3	0.2	-	-	3	0.4	-	-	-	-
Sing in choir	1	0.1	-	-	1	0.1	1	0.2	-	-
Vol. Sunday school teaching	4	0.3	1	0.2	3	0.4	3	0.5	1	0.4
Other church-rel. activities	4	0.3	1	0.2	3	0.4	1	0.1	1	0.1
<u>Org. activ., not church-related:</u>										
Alcoholics Anon.	4	0.3	-	-	4	0.5	1	0.2	-	-
Day Care Center	1	0.1	1	0.2	-	-	-	-	-	-
Neighborhood or comm. center,	1	0.1	1	0.2	-	-	-	-	-	-
comm. rec. ctr.	1	0.1	-	-	1	0.1	-	-	-	-
Senior Center	1	0.1	-	-	1	0.1	-	-	-	-
Ex-patients org.	1	0.1	-	-	1	0.1	-	-	-	-
(Other than A.A. or Synanon)	1	0.1	-	-	1	0.1	-	-	-	-
Social org. meetings (fraternal, women's club, etc.)	8	0.6	1	0.2	7	0.9	-	-	8	1.2
Sport club	1	0.1	1	0.2	-	-	1	0.2	-	-

(Table continued on next page)

Table 28

THE FREQUENCY DISTRIBUTION IN DETAIL OF LEISURE ACTIVITIES IN WHICH PATIENTS
REPORTED PARTICIPATION FIVE YEARS BEFORE THEIR CURRENT HOSPITALIZATION

(N = 298)

Activity	No.	%	Total		No.	%	Male		No.	%	Total		No.	%	Female		No.	%	
			Under 30	Over 30			Under 30	Over 30			Under 30	Over 30							
<u>Total patients interviewed:</u>	<u>298</u>		<u>100</u>	<u>198</u>		<u>143</u>	<u>58</u>	<u>85</u>		<u>155</u>	<u>42</u>	<u>113</u>							
<u>Total activities reported:</u>	<u>1094</u>	<u>100</u>	<u>362</u>	<u>732</u>	<u>100</u>	<u>552</u>	<u>220</u>	<u>332</u>	<u>100</u>	<u>542</u>	<u>142</u>	<u>400</u>	<u>100</u>						
<u>Solitary, passive activity:</u>																			
Sit in the sun	1	0.1	-	1	0.1	-	-	-	-	1	0.2	-	-	1	0.2	-	-	1	0.2
Other solitary, passive activ.	1	0.1	-	1	0.1	1	-	1	0.3	-	-	-	-	-	-	-	-	-	
<u>Spectator or auditor at home:</u>																			
Phonograph	16	1.5	12	4	0.5	8	5	3	0.9	8	1.5	1	0.2	7	4.9	1	0.2	1	0.2
Radio	34	3.1	13	21	2.9	14	8	6	1.8	20	3.7	15	3.8	5	3.5	5	3.8	15	3.8
Television	158	14.4	41	117	16.0	82	31	51	15.4	76	14.0	66	16.5	10	7.0	10	16.5	66	16.5
<u>Spectator or auditor away from home:</u>																			
Concerts, opera, or ballet	4	0.4	2	2	0.3	1	1	-	-	3	0.6	2	0.5	1	0.7	2	0.5	2	0.5
Movies	53	4.8	20	33	4.5	26	12	14	4.2	27	5.0	19	4.8	8	5.6	19	4.8	19	4.8
Sports event	20	1.8	4	16	2.2	16	4	12	3.6	4	0.7	4	1.0	-	-	4	1.0	4	1.0
Theatre play	2	0.2	-	2	0.3	1	-	-	0.3	1	0.2	1	0.2	-	-	1	0.2	1	0.2
<u>Hobbies:</u>																			
Model planes, etc.	8	0.7	4	4	0.5	8	4	4	1.2	-	-	-	-	-	-	-	-	-	-
Collect stamps, etc.	8	0.7	7	1	0.1	7	7	2	0.6	1	0.3	1	0.3	-	-	1	0.3	1	0.3
Cook (as hobby)	7	0.6	-	7	0.9	2	-	2	0.6	5	0.9	5	1.3	-	-	5	1.3	5	1.3

(Table continued on next page)

Table 28 continued. P. 2

Activity	No.	%	Total		Male		Total		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
			No.	%	No.	%	No.	%	No.	%
Hobbies: (cont.)										
Embroider	6	0.5	2	0.6	4	0.5	-	-	6	1.1
Knit or crochet	12	1.1	3	0.8	9	1.2	-	-	12	2.2
Sew	27	2.5	5	1.4	22	3.0	-	-	27	5.0
Garden	26	2.4	1	0.3	25	3.4	14	2.5	12	2.2
Handicrafts	9	0.8	3	0.8	6	0.8	7	1.3	2	0.4
Household pets	3	0.3	1	0.3	2	0.3	-	-	3	0.6
Photography	3	0.3	1	0.3	2	0.3	2	0.4	1	0.2
Raise fish	1	0.1	1	0.3	-	-	1	0.2	-	-
Witchcraft	1	0.1	1	0.3	-	-	1	0.2	-	-
Work on car or motorcycle	6	0.5	6	1.6	-	-	6	1.1	-	-
Other hobbies	10	0.9	3	0.8	7	0.9	5	0.9	5	0.9
Sports participat.:										
Archery	2	0.2	2	0.6	-	-	2	0.4	-	-
Badminton, tennis	8	0.7	5	1.4	3	0.4	4	0.7	2	0.9
Baseball	16	1.5	9	2.5	7	0.9	14	2.5	7	2.1
Basketball	8	0.7	6	1.6	2	0.3	7	1.3	2	0.6
Sail or boat	9	0.8	2	0.6	7	0.9	5	0.9	4	1.2
Bowl	34	3.1	9	2.5	25	3.4	17	3.1	13	3.9
Boxing	1	0.1	-	-	1	0.1	1	0.2	-	-
Fishing	32	2.9	6	1.6	26	3.6	24	4.3	8	1.5
Flying plane	1	0.1	-	-	1	0.1	1	0.2	1	0.3
Football	6	0.5	5	1.4	1	0.1	6	1.1	1	0.3
Golf	10	0.9	2	0.6	8	1.1	8	1.4	7	2.1
Handball or squash	1	0.1	-	-	1	0.1	1	0.2	1	0.3
Hiking	35	3.2	12	3.3	23	3.1	11	2.0	24	4.4
Horseback riding	8	0.7	5	1.4	3	0.4	3	0.5	5	0.9
Hunting	8	0.7	2	0.6	6	0.8	8	1.4	-	-
Ping-pong	1	0.1	1	0.3	-	-	1	0.2	-	-
Pitch horseshoes	2	0.2	1	0.3	1	0.1	2	0.4	1	0.3
Pool, billiards	20	1.8	9	2.5	11	1.5	20	3.6	11	3.3
Ride bike	5	0.4	2	0.6	3	0.4	-	-	5	0.9
Ride motorcycle	1	0.1	1	0.3	-	-	1	0.2	-	-

(Table continued on next page)

Table 28 continued. P. 3

Activity	No.	%	Total		Male		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
			No.	No.	No.	No.	No.	No.
			%	%	%	%	%	%
<u>Sports particip.</u> (continued)								
Scuba- or skin- dive	2	0.2	1	1	-	1	1	-
Shuffleboard	1	0.1	-	-	-	1	-	-
Skate	6	0.5	3	3	-	1	3	2
Ski, toboggan	1	0.1	-	1	-	1	-	-
Swim	29	2.6	8	21	5	8	3	13
Track sports	1	0.1	1	-	1	-	-	-
Volleyball	2	0.2	2	-	1	-	1	-
Water ski	4	0.4	2	2	1	-	1	2
Other sports	7	0.6	4	3	3	2	1	1
<u>Physical fitness:</u> Attendg. reducing salon or wt.- watchers org. Outdoor exercise	1	0.1	-	1	-	-	-	1
	2	0.2	-	2	-	-	-	2
<u>Camp & other out- door activities:</u> Camp	8	0.7	2	6	2	3	3	3
Go to park, beach	24	2.2	8	16	4	6	4	10
<u>Traveling & sight- seeing:</u> Tour by auto	26	2.4	5	21	4	7	1	14
By other transp'n.	10	0.9	2	8	1	5	1	3
<u>Cult. & intellect'l activities:</u> Act or play prod. Adult educ. program (non-vocational) Ballet dancing Draw or paint	1	0.1	-	1	-	-	-	1
	1	0.1	-	1	-	-	-	1
	1	0.1	-	1	-	-	-	1
	2	0.2	2	-	-	-	2	-
	17	1.5	12	5	7	1	6	4

(Table continued on next page)

Table 28 continued. F. 4

Activity	No.	%	Total		Male		Total		Female	
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30	Under 30	Over 30
	No.	%	No.	No.	No.	No.	No.	No.	No.	%
Sculpt	2	0.2	2	0.6	1	0.2	1	0.2	1	0.7
Play musical instr.	21	1.6	9	2.5	4	1.4	4	1.2	5	3.5
Read (other than Bible)	108	9.9	34	9.4	19	8.6	30	9.0	15	10.6
Sing (non-choir)	1	0.1	1	0.3	-	-	-	-	1	0.7
Write (fiction, etc.)	9	0.8	4	1.1	1	0.7	3	0.9	3	2.1
Active particip. in other cult. & intell. activ.	4	0.4	1	0.3	-	-	1	0.3	1	0.7
Formal social activities:										
Dancing	29	2.6	13	3.6	5	1.6	4	1.2	8	5.6
Parties	7	0.6	3	0.8	2	0.9	3	0.9	1	0.7
Informal social activities:										
Gambling	4	0.4	-	-	1	0.2	1	0.3	-	-
"Go out" to restaurant, etc.	6	0.5	5	1.4	3	0.5	1	0.3	3	2.1
Go to bar	3	0.3	1	0.3	1	0.4	2	0.6	-	-
Play cards or other games	29	2.6	6	1.6	3	2.5	11	3.3	3	2.1
Shop	5	0.4	1	0.3	-	0.4	2	0.6	1	0.7
Talk with friends or relatives	4	0.4	1	0.3	-	0.4	2	0.6	1	0.7
Visit or entertain friends or rel.	20	1.8	5	1.4	2	1.6	7	2.1	3	2.1
Write to friends or relatives	1	0.1	-	-	-	-	-	-	-	1
Drinking & drug use:										
Drink	30	2.7	7	1.9	7	4.7	19	5.7	-	-
Take drugs	2	0.2	2	0.6	2	0.4	-	-	-	-
Religious activity:										
Bible study class	1	0.1	-	-	1	0.2	1	0.3	-	-
Church social activ.	8	0.7	2	0.6	1	0.2	1	0.3	2	1.4

(Table continued on next page)

Table 28 continued. P. 5

Activity	No.	%	Total		Male		Female			
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30		
<u>Religious activity:</u> (continued)			No.	No.	No.	%	No.	%		
Church services	7	0.6	-	7	0.9	2	0.4	-	5	1.3
Religious-oriented encompmt.	1	0.1	-	1	0.1	-	-	-	1	0.2
Pray or read Bible at home	4	0.4	2	2	0.3	1	0.2	1	3	0.6
Sing in choir	3	0.3	-	3	0.4	-	-	-	-	0.7
Other church-rel. activity	4	0.4	1	3	0.4	3	0.5	1	2	0.8
<u>Org. activ., not church-related:</u>										
Alcoholics Anon.	1	0.1	-	1	0.1	-	-	-	1	0.2
Political org. meetings	1	0.1	-	1	0.1	-	-	-	1	0.2
Social org. meet- ings (fraternal, women's club, social club, etc.)	6	0.5	-	6	0.8	-	-	-	6	1.1
Sport club	1	0.1	1	-	-	1	0.2	1	-	-
Vol. in comm. serv. (Scouts, etc.)	1	0.1	-	1	0.1	1	0.2	-	-	-
Other organiza- tional activity	2	0.2	-	2	0.3	1	0.2	-	1	0.2

NUMBER OF HOURS PER WEEK SPENT WATCHING TELEVISION OR READING AND NUMBER OF TIMES PER MONTH THE PATIENTS REPORTED VISITING OR ENTERTAINING FRIENDS OR RELATIVES DURING YEAR PRIOR TO THEIR CURRENT HOSPITALIZATION*
(N = 298)

Frequency	No.	Total		Male		Female												
		Under 30	Over 30	Under 30	Over 30	Under 30	Over 30											
	%	No.	%	No.	%	No.	%	No.	%									
<u>Total patients interviewed</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>					
<u>Hrs. per wk. watch TV:</u>																		
None	115	38.6	49	49.0	66	33.3	56	39.2	25	43.1	31	36.5	59	38.1	24	57.1	35	31.0
1-4	22	7.4	7	7.0	15	7.6	10	7.0	4	6.9	6	7.0	12	7.7	3	7.1	9	8.0
5-9	36	12.1	8	8.0	28	14.1	20	14.0	6	10.3	14	16.5	16	10.3	3	4.8	14	12.4
10-19	39	13.1	12	12.0	27	13.6	18	12.6	8	13.8	10	11.8	21	13.5	4	9.5	17	15.0
20-29	40	13.4	12	12.0	28	14.1	16	11.2	6	10.3	10	11.8	24	15.5	6	14.3	18	15.9
30-39	15	5.0	3	3.0	12	6.1	6	4.2	2	3.4	4	4.7	9	5.8	1	2.4	8	7.1
40-49	11	3.7	2	2.0	9	4.5	8	5.6	2	3.4	6	7.0	3	1.9	-	-	3	2.6
50-99	13	4.4	3	3.0	10	5.1	5	3.5	2	3.4	3	3.5	8	5.2	-	-	8	7.1
100+	1	0.3	1	1.0	-	-	-	-	-	-	-	-	1	0.6	1	2.4	-	-
Unspecified	6	2.0	3	3.0	3	1.5	4	2.8	3	5.2	1	1.2	2	1.3	1	2.4	1	0.9
<u>Hrs. per wk. read:</u>																		
None	168	56.4	60	60.0	108	54.5	86	60.1	38	65.5	48	56.5	82	52.9	22	52.4	60	53.1
1-4	28	9.4	8	8.0	20	10.1	17	11.9	7	12.1	10	11.8	11	7.1	1	2.4	10	8.8
5-9	40	13.4	15	15.0	25	12.6	18	12.6	9	15.5	9	10.6	22	14.2	6	14.3	16	14.2
10-19	30	10.1	9	9.0	21	10.6	11	7.7	2	3.4	9	10.6	19	12.2	7	16.7	12	10.6
20-29	24	8.0	5	5.0	19	9.6	8	5.6	-	-	8	9.4	16	10.3	5	11.9	11	9.7
30-39	2	0.7	1	1.0	1	0.5	-	-	-	-	-	-	2	1.3	1	2.4	1	0.9
40-49	1	0.3	-	-	1	0.5	-	-	-	-	-	-	1	0.6	-	-	1	0.9
50-59	3	1.0	-	-	3	1.5	1	0.7	-	-	1	1.2	2	1.3	-	-	2	1.8
Unspecified	2	0.7	2	2.0	-	-	2	1.4	2	3.4	-	-	-	-	-	-	-	-

(Table continued on next page)

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* The mean of the number of hours per week spent watching television by respondents (N = 177) who reported watching TV and who specified the number of hours:

Hours per week

15.1

Times per month

10.5

Table 30
FREQUENCY DISTRIBUTION BY ORGANIZATIONAL PARTICIPATION OF
LEISURE ACTIVITIES REPORTED BY PATIENTS INTERVIEWED
(N = 298)

Category	Total activities reported	Total				Male				Female								
		Under 30 (N = 100)	Over 30 (N = 198)	Total (N = 143)		Under 30 (N = 58)	Over 30 (N = 85)	Total (N = 155)		Under 30 (N = 42)	Over 30 (N = 113)							
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%			
Not organizational activity Don't know	1,301 12	90.7 0.8	475 4	90.6 0.8	826 8	90.7 0.9	628 6	92.1 0.9	272 4	90.1 1.3	356 2	93.7 0.5	673 6	89.4 0.8	203 -	91.4 -	470 6	88.5 1.1
Organizational activity, total:*	122	8.5	45	8.6	77	8.5	48	7.0	26	8.6	22	5.8	74	9.8	19	8.6	55	10.4
Adult education	5	0.3	-	-	5	0.5	-	-	-	-	-	-	5	0.7	-	-	5	0.9
Alcoholics Anon.	4	0.3	-	-	4	0.4	1	0.1	-	-	1	0.3	3	0.4	-	-	3	0.6
Athletic team	37	2.6	22	4.2	15	1.6	24	3.5	15	5.0	9	2.4	13	1.7	7	3.2	6	1.1
Church	15	1.0	1	0.2	14	1.5	5	0.7	1	0.3	4	1.0	10	1.3	-	-	10	1.9
Church club	11	0.8	2	0.4	9	1.0	4	0.6	-	-	4	1.0	7	0.9	2	0.9	5	0.9
Civil rights org.	1	0.1	-	-	1	0.1	-	-	-	-	-	-	1	0.1	-	-	1	0.2
Dance group	9	0.6	6	1.1	3	0.3	3	0.4	3	1.0	-	-	6	0.8	3	1.4	3	0.6
Day care center	2	0.1	1	0.2	1	0.1	-	-	-	-	-	-	2	0.3	1	0.4	1	0.2
Farm organztn.	1	0.1	-	-	1	0.1	-	-	-	-	-	-	1	0.1	-	-	1	0.2
Fraternal order	4	0.3	-	-	4	0.4	-	-	-	-	-	-	4	0.5	-	-	4	0.8
Health club	1	0.1	1	0.2	-	-	-	-	-	-	-	-	1	0.1	1	0.4	-	-
Musical group	5	0.3	3	0.6	2	0.2	3	0.4	3	1.0	-	-	2	0.3	-	-	2	0.4
PTA	1	0.1	1	0.2	-	-	-	-	-	-	-	-	1	0.1	1	0.4	-	-
Senior center	1	0.1	-	-	1	0.1	-	-	-	-	-	-	1	0.1	-	-	1	0.2
Servicemen's club	2	0.1	1	0.2	1	0.1	1	0.1	-	-	1	0.3	1	0.1	1	0.4	-	-
Sheltered workshop	1	0.1	-	-	1	0.1	-	-	-	-	-	-	1	0.1	-	-	1	0.2
Social club	7	0.5	1	0.2	6	0.6	3	0.4	1	0.3	2	0.5	4	0.5	-	-	4	0.8
Volunteer in community orgzn.	5	0.3	2	0.4	3	0.3	2	0.3	1	0.3	1	0.3	3	0.4	1	0.4	2	0.4

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Table 30 continued. P. 2 of 2 pp.)

Category	Total				Male				Female			
	No.	%	Under 30 (N = 100)	Over 30 (N = 198)	No.	%	Under 30 (N = 58)	Over 30 (N = 85)	No.	%	Under 30 (N = 42)	Over 30 (N = 113)
Organizational activity, total: *	122	8.5	45	77	48	7.0	26	22	74	9.8	19	55
(continued)												
Women's club	6	0.4	1	5	-	-	-	-	6	0.8	1	5
Youth org.-leader	3	0.2	2	1	1	0.1	1	-	2	0.3	1	1
Youth org.-member	1	0.1	1	-	1	0.1	1	-	-	-	-	-

* The 122 organizational activities were reported by 74 different patients (25 per cent of the total of 298 patients interviewed). Thus, 224 patients (75 per cent of the total interviewed) did not report any organizational activity.

Table 31

FREQUENCY DISTRIBUTION OF ORGANIZATIONAL ACTIVITIES IN WHICH
PATIENTS REPORTED HOLDING OFFICE IN THE ORGANIZATION*

Category	Number	Per cent
<u>Organizational activities, total</u>	<u>122</u>	<u>100</u>
Organizational activities in which the respondent held office in the organization	19	15.6
Organizational activities in which the respondent did not hold office in the organization	103	84.4

*Seventyfour patients reported the total of 122 organizational activities. Sixteen patients (21.6 per cent of these 74 respondents) reported they held office in the 19 organizations in which there was participation in the organizational activities. These 16 "office-holders" comprised 5.3 per cent of the 298 patients interviewed.

Table 32

FREQUENCY DISTRIBUTION OF THE INTERPERSONAL SETTINGS OF LEISURE ACTIVITIES
REPORTED BY PATIENTS INTERVIEWED
(N = 298)

Interpersonal setting of activities	(N = 298) No.	Total				Male				Female			
		Under 30 (N = 100) No.	Over 30 (N = 198) No.	%	%	Total (N = 143) No.	Under 30 (N = 58) No.	Over 30 (N = 85) No.	%	%	Total (N = 155) No.	Under 30 (N = 42) No.	Over 30 (N = 113) No.
<u>Total activities reported</u>	<u>1,435</u>	<u>524</u>	<u>911</u>	<u>100</u>	<u>100</u>	<u>682</u>	<u>302</u>	<u>380</u>	<u>100</u>	<u>100</u>	<u>753</u>	<u>222</u>	<u>531</u>
Solitary	515	185	330	35.3	36.2	217	100	117	33.1	30.8	298	85	213
With family	249	57	192	10.9	21.1	93	22	71	7.3	18.7	156	35	121
With friends	380	185	195	35.3	21.4	239	121	118	40.1	31.1	141	64	77
Solitary & with friends	77	31	46	5.9	5.0	49	24	25	7.9	6.6	28	7	21
Solitary & with family	56	10	46	1.9	5.0	20	5	15	1.7	3.9	36	5	31
With friends & family	94	27	67	5.2	7.4	36	14	22	4.6	5.8	58	13	45
Other	64	29	35	5.5	3.8	28	16	12	5.3	3.1	36	13	23

Table 33

FREQUENCY DISTRIBUTION OF LEISURE ACTIVITIES AT HOME AND
AWAY FROM HOME REPORTED BY PATIENTS INTERVIEWED

(N = 298)

Setting	Frequency of activities reported	
	No.	%
<u>Total</u>	<u>1,435</u>	<u>100</u>
At home	618	43.1
Away from home	734	51.1
Both	82	5.7
Don't know	1	0.1

Table 34

FREQUENCY DISTRIBUTION OF LEISURE ACTIVITIES INDOORS AND
OUTDOORS REPORTED BY PATIENTS INTERVIEWED

(N = 298)

Location	Frequency of activities reported	
	No.	%
<u>Total</u>	<u>1,435</u>	<u>100</u>
Indoors	919	64.0
Outdoors	440	30.7
Both	75	5.2
Don't know	1	0.1

Table 35

FREQUENCY DISTRIBUTION OF SPECTATOR AND PARTICIPANT
LEISURE ACTIVITIES REPORTED BY PATIENTS INTERVIEWED
(N = 298)

Category	Total (N = 298)		Total Under 30 (N = 100)		Total Over 30 (N = 198)		Total (N = 143)		Male Under 30 (N = 58)		Male Over 30 (N = 85)		Total (N = 155)		Female Under 30 (N = 42)		Female Over 30 (N = 113)	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
<u>Total activities reported</u>	<u>1,435</u>	<u>100</u>	<u>524</u>	<u>100</u>	<u>911</u>	<u>100</u>	<u>682</u>	<u>100</u>	<u>302</u>	<u>100</u>	<u>380</u>	<u>100</u>	<u>753</u>	<u>100</u>	<u>222</u>	<u>100</u>	<u>531</u>	<u>100</u>
Spectator or auditor	440	30.7	141	26.9	299	32.8	219	32.1	91	30.1	128	33.7	221	29.3	50	22.5	171	32.2
Participant	990	69.0	383	73.1	607	66.6	463	67.9	211	69.9	252	66.3	527	70.0	172	77.5	355	66.9
Don't know	5	0.3	-	-	5	0.5	-	-	-	-	-	-	5	0.7	-	-	5	0.9

Table 36

STRENUOUSNESS OF LEISURE ACTIVITIES REPORTED

BY PATIENTS INTERVIEWED

(N = 298)

Degree of Strenuousness	Frequency of activities reported	
	No.	%
<u>Total</u>	<u>1,435</u>	<u>100</u>
Not strenuous	950	66.2
Low	286	19.9
Medium	116	8.1
High	82	5.7
Don't know	1	0.1

Table 37

FREQUENCY DISTRIBUTION OF SPORT AND NON-SPORT LEISURE

ACTIVITIES REPORTED BY PATIENTS INTERVIEWED

(N = 298)

Classification	Frequency of activities reported	
	No.	%
<u>Total</u>	<u>1,435</u>	<u>100</u>
Not sport	1,069	74.5
Sport	345	24.0
Both	16	1.1
Don't know	5	0.4

Table 38

FREQUENCY DISTRIBUTION OF DEGREE OF ENJOYMENT OF LEISURE ACTIVITIES

REPORTED BY PATIENTS INTERVIEWED

(N = 298)

Degree of enjoyment	Total				Male				Female									
	Under 30 (N = 100)	Over 30 (N = 198)	Total (N = 143)		Under 30 (N = 58)	Over 30 (N = 85)	Total (N = 155)		Under 30 (N = 42)	Over 30 (N = 113)								
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%						
<u>Total activities reported</u>	<u>1,435</u>	<u>100</u>	<u>524</u>	<u>100</u>	<u>911</u>	<u>100</u>	<u>682</u>	<u>100</u>	<u>302</u>	<u>100</u>	<u>380</u>	<u>100</u>	<u>753</u>	<u>100</u>	<u>222</u>	<u>100</u>	<u>531</u>	<u>100</u>
Low	85	5.9	36	6.9	49	5.4	41	6.0	24	7.9	17	4.5	44	5.8	12	5.4	32	6.0
Medium	377	26.3	136	26.0	241	26.5	190	27.9	80	26.5	110	28.9	187	24.8	56	25.2	131	24.7
High	940	65.5	341	65.1	599	65.7	434	63.6	189	62.6	245	64.5	506	67.2	152	68.5	354	66.7
Don't know	33	2.3	11	2.1	22	2.4	17	2.5	9	3.0	8	2.1	16	2.1	2	0.9	14	2.6

Table 39a

RATING ON ANOMIA SCALE OF PATIENTS INTERVIEWED*
(N = 298)

Rating on Anomia Scale	No.	%	Total				Male				Female			
			Under 30	Over 30	Total		Under 30	Over 30	Total		Under 30	Over 30	Total	
			No.	No.	No.	%	No.	No.	No.	%	No.	No.	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>85</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>113</u>	<u>100</u>	
Low	32	10.7	11	21	13	9.1	5	8	19	12.3	6	13	11.5	
Medium	201	67.4	65	136	105	73.4	44	61	96	61.9	21	75	66.4	
High	55	18.4	21	34	22	15.4	8	14	33	21.3	13	20	17.7	
Not reported	10	3.4	3	7	3	2.1	1	2	7	4.5	2	5	4.4	

* The scale used here was the five-item Anomia Scale developed by Leo Srole ("Social Integration and Certain Corollaries: An Exploratory Study," American Sociological Review, 1956, 21, 709-716). A "high" score means the respondent rated high on anomia and indicated a high degree of alienation.

Table 39b

RATING ON ANOMIA SCALE ACCORDING TO MARITAL STATUS
OF PATIENTS INTERVIEWED
(N - 298)

Rating on Anomia Scale	Total		Single		Marital Status Married, living with spouse		Other	
	No.	%	No.	%	No.	%	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>91</u>	<u>100</u>	<u>122</u>	<u>100</u>
Low	32	10.7	8	9.4	13	14.3	11	9.0
Medium	201	67.4	60	70.6	63	69.2	78	63.9
High	55	18.4	13	15.3	13	14.3	29	23.8
Not re-ported	10	3.4	4	4.7	2	2.2	4	3.3

Table 39c

RATING ON ANOMIA SCALE ACCORDING TO LIVING
ARRANGEMENTS OF PATIENTS INTERVIEWED
(N = 298)

Rating on Anomia Scale	Total		Living arrangements during year preceding current hospitalization							
	No.	%	Living at home with others		Living alone		Living in an institution		Unknown	
	No.	%	No.	%	No.	%	No.	%	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>201</u>	<u>100</u>	<u>87</u>	<u>100</u>	<u>8</u>	<u>100</u>	<u>2</u>	<u>100</u>
Low	32	10.7	24	11.9	7	8.0	1	12.5	-	-
Medium	201	67.4	130	64.7	63	72.4	6	75.0	2	100
High	55	18.4	39	19.4	15	17.2	1	12.5	-	-
Not re-ported	10	3.4	8	4.0	2	2.3	-	-	-	-

Table 40a

RATING ON DEPRESSION SCALE OF PATIENTS INTERVIEWED*

(N = 298)

Rating on Depression Scale	No.	%	Total				Male				Female			
			Under 30	Over 30	Total		Under 30	Over 30	Total		Under 30	Over 30	Total	
			No.	No.	No.	%	No.	No.	No.	%	No.	No.	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>85</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>113</u>	<u>100</u>	
Low	32	10.7	11	21	18	12.6	6	12	14	9.0	5	9		8.0
Medium	197	66.1	58	139	95	66.4	36	59	102	65.8	22	80		70.8
High	60	20.1	27	33	26	18.2	14	12	34	21.9	13	21		18.6
Not reported	9	3.0	4	5	4	2.8	2	2	5	3.2	2	3		2.6
			%	%	%		%	%	%		%	%		

* The scale used here was 15 items from the Depression Scale developed by Allen Raskin in the NIMH Collaborative Study of Depression, Patient Report, 1965, and discussed in: Allen Raskin, Joy Schusterbrandt, and Natalie Reatig, "Factors of Psychopathology in Interview, Ward Behavior, and Self-Report Ratings of Hospitalized Depressives," Journal of Consulting Psychology, 1967, 31, No. 3, 270-278. A "high" score means a high degree of depression.

Table 40b

RATING ON DEPRESSION SCALE ACCORDING TO MARITAL
STATUS OF PATIENTS INTERVIEWED
(N = 298)

Rating on Depression Scale	Total		Single		Marital Status Married, living with spouse		Other	
	No.	%	No.	%	No.	%	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>35</u>	<u>100</u>	<u>91</u>	<u>100</u>	<u>122</u>	<u>100</u>
Low	32	10.7	9	10.6	10	11.0	13	10.7
Medium	197	66.1	48	56.5	67	73.6	82	67.2
High	60	20.1	23	27.0	13	14.3	24	19.7
Not re- ported	9	3.0	5	5.9	1	1.1	3	2.4

Table 40c

RATING ON DEPRESSION SCALE ACCORDING TO LIVING
ARRANGEMENTS OF PATIENTS INTERVIEWED
(N = 298)

Rating on Depression Scale	Total		Living arrangements during year preceding current hospitalization							
	No.	%	Living at home with others		Living alone		Living in an insti- tution		Unknown	
	No.	%	No.	%	No.	%	No.	%	No.	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>201</u>	<u>100</u>	<u>87</u>	<u>100</u>	<u>8</u>	<u>100</u>	<u>2</u>	<u>100</u>
Low	32	10.7	22	10.9	7	8.0	3	37.5	-	-
Medium	197	66.1	133	66.2	58	66.7	4	50.0	2	100
High	60	20.1	39	19.4	20	23.0	1	12.5	-	-
Not re- ported	9	3.0	7	3.5	2	2.3	-	-	-	-

Table 41

PROBLEMS IN CONNECTION WITH LEISURE ACTIVITIES WHICH PATIENTS REPORTED
HAVING DURING THE YEAR PRECEDING THEIR CURRENT HOSPITALIZATION*

(N = 298)

Problem	No.	%	Total				Male				Female			
			Under 30	Over 30	Total	%	Under 30	Over 30	Total	%	Under 30	Over 30	Total	%
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>
Lack of free time	15	5.0	9	6	15	3.0	7	3	10	3.5	8	5.2	5	2.7
Financial restrictions	23	7.7	8	15	23	7.6	14	10	24	11.8	9	5.8	4	4.4
No escort or companion	5	1.7	2	3	5	1.5	2	-	2	3.4	3	1.9	-	2.7
"Tied down" taking care of adult rel.	1	0.3	1	-	1	-	-	-	-	-	1	0.6	1	-
"Tied down," child-care	9	3.0	5	4	9	2.0	1	1	2	1.2	8	5.2	5	2.7
Mental condition interfered	9	3.0	3	6	9	3.0	2	-	2	3.4	7	4.5	1	5.3
Unable to get around, phys. cond. limited in actv., phys. ill or impaired	2	0.7	-	2	2	1.0	-	-	-	-	2	1.3	-	1.8
Exhausted from work	18	6.0	3	15	18	7.6	7	6	13	7.0	11	7.0	2	8.0
Too restless to concentrate	3	1.0	-	3	3	1.5	1	1	2	1.2	2	1.3	-	1.8
Bored by everything	2	0.7	1	1	2	0.5	1	-	1	1.7	1	0.6	-	0.9
Marital conflict re leisure actv.	2	0.7	1	1	2	0.5	1	-	1	1.7	1	0.6	-	0.9
Parental conflict re leisure actv.	11	3.7	2	9	11	4.5	2	2	4	2.4	9	5.8	2	6.2
Difficulty communicating	1	1.0	1	-	1	-	1	-	1	-	-	-	-	-
	2	0.7	2	-	2	-	2	-	2	-	-	-	-	-

(Table continued on next page)

Table 41 continued. P. 2

Problem	No.	%	Total		Male		Female											
			Under 30	Over 30	Under 30	Over 30	Under 30	Over 30										
	No.	%	No.	%	No.	%	No.	%	No.	%								
<u>Total</u>	<u>298</u>	<u>100</u>	<u>100</u>	<u>100</u>	<u>198</u>	<u>100</u>	<u>143</u>	<u>100</u>	<u>58</u>	<u>100</u>	<u>85</u>	<u>100</u>	<u>155</u>	<u>100</u>	<u>42</u>	<u>100</u>	<u>113</u>	<u>100</u>
Lack social skills	11	3.7	8	8.0	3	1.5	5	3.5	5	8.6	-	-	6	3.9	3	7.1	3	2.7
Didn't know where to go	1	1.0	-	-	1	0.5	-	-	-	-	-	-	1	0.6	-	-	1	0.9
Preferred activity not accessible	5	1.7	2	2.0	3	1.5	2	2.1	2	3.4	1	1.2	2	1.3	-	-	2	1.8
Illicit drug use	4	1.3	3	3.0	1	0.5	2	1.4	2	3.4	-	-	2	1.3	1	2.4	1	0.9
Excessive drinking	20	6.7	5	5.0	15	7.6	16	11.2	4	6.9	12	14.1	4	2.6	1	2.4	3	2.7
Transportation problem	9	3.0	3	3.0	6	3.0	4	2.8	3	5.2	1	1.2	5	3.2	-	-	5	4.4
Unemployed; seeking work	3	1.0	2	2.0	1	0.5	3	2.1	2	.4	1	1.2	-	-	-	-	-	-
New to community	1	0.3	-	-	1	0.5	-	-	-	-	-	-	1	0.6	-	-	1	0.9

* Of the 298 patients interviewed, 108 (37 per cent of the total) reported one or more problems; 190 patients (63 per cent of the total) did not report any problems.